Bunntration no - A01-1112-214-025-2020

Lotter volt no - 28

Sumintra - 111

Loven - M.Si (Botany)

Subjict - Value Education

Fulludahip

Friendship is the state of the conduction of the conduction of first on, exteem intimacy and the trust between the friendship is important with the friendship is important with the friendships the important of the person of th

Here are few ways, that the
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Friendship have strong inf locusion on perceptions of yo vesciff. Back in 1000. some vescarchers found Michela ingelo cffit. That is when you are coupled with a partui who sees you already us the kind of person that you, would likely to become, the ponitive influence on you
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effect on who you become

b) Friendship influence cach
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d) Social network annound
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b) Productivity - ponitive
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Honinty

Honenty can be defined and the annity or the factor

Anyone can nevter bourney by being house the proper around the proper around them It is always beint, to accept the mistakes, with the home stays instakes, and of lying to cover it up.

Registration No.- A01-1152-212-019-2020

Collège Roll No. - 23

Subject - Chemistry

Paper - SOC-III

Semester Name- PG-III

Value is generally recognized that there is relation between in the satisfaction of desire and the preservation and furtherance of life. His wants and desires must be valued themselves in terms of their relation to his fulfillment in self realization. Man must go beyond organic method of satisfaction of desire to reach the concept of what is intrinsically valuable. There are absolute on intrinsic values cherished by all persons beyond all differences due to time and place.

The following 3 values which are shaped me what I am today and will continue to shape me towards the goal of my life. The values are

1. Honesty: It cannot be the best policy but the only policy because even a liar does not want to hear lies from others and a thief does not want other thieves to steal in his own house. Strength of body mind complex is moral and fearlessness is the ornament of personality. So, I will try to continue to be honest in my life, which shape me towards the goal of my life.

- 2. Non-violence: Non-violence is not for the weak but for the strong who are not jealous of anyone. Such strength is increased with self control on the speech and action. I will try to continue to be non-violent which increase self control of my speech and action and that shape me towards the goal of my life.
- 3. Cleanliness: Cleanliness personal and that of surroundings increases self-confidence and contentment for what we get from nature and others humans, enhances a cheerful personality always happy in life. I will try to clean personal mint and that of surroundings which shape me towards the goal of my life.

RAMKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE, RAHARA

NAME: ARINDAM GHOSH

ROLLNO: 565

DEPARMENT: ZOOLOGY (UG)

SEMESTER: 3RD

SUBJECT: SEC-I (VE&IC)

Values which shape me

Values are the things that are important to us, the characteristics and behaviours that motivate us and guide our decisions. Values in a narrow sense is that which is good, desirable, or worth-while. Values are the motive behind purposeful action.

We have picked up our values thorough our libe, by modeling and learning from our parents, derchers and colleagues, people we admire and we dislike. We pick up our values with that executive function we have in our mind. Our values can naturally change and shift over our lite as we are exposed to different things and have epiphanies about "What is really important". How we decide to opend our money, our time, our energy, our ettorot is dictated by your values. It's our internal mechanism boro knowing what things to focus on and what to ignore.

Three realises which have bhated me what I am today and will continue to bhate me towards the goal of my like: 1. Courage is about doing what we believe needs to be done-not in the absence of bear but in ppite of it. We might teel dibinclined to offer a genuine apology out of bear that the other will reject it, but courage will help us apologize anyway, because it's the night thing to do, out of respect for the one we must of offended. Whether they accept our apology or not is their business. Courage requires a step outside of our combord sone. If we have no bear, we don't need courage, but when something you know you have to do makes you beel bick indide, courage is what makes you do that thing anyway. 2. Respect: It we want to be known for treating all humanfliving beings with respect, we probably base that respect on something more bundamental than someones rank or social status. Otherwise, why would we consider it a priority to treat all humans with equal respect - regardless of their age, income, on background. on why would we put more energy into making bure the least exalted among us is treated with respect than into making

Sure other treat us with the bame consideration. It doesn't mean we don't consider ourself equally worthy of respect, but we find it easy to put ourself in other people's shoes, so in making sure they teel new pected, we teel more new pected, too.

3. Patience: When someone is pushing our buttons, taking our time or attention away brom something we want to tinish, or making our like harder in some way, we practice patience by putting ourself in the other's shoes, drying to see the situation broom their peaspective, and responding with kindness and respect. No one wants to be treated like an inconvenience on a burden, and sometimes were privarities have to change to make room bore pomething (someone more important on more likely to help o us grow.

1 Devotion to Good :-

All of w need a guide throughout in their like. So, we are looking that how good quides us in own like as a good, omniscient & omnipotent guide to help us know which way to go.

So, dovotion to good is not only a fast track to liberation not only

So, dovotion to god is not only a fast track to liberation not only often like best during like time too. It helps us in being scientific and powerents us from lossing direction in like. It doesn't help in carning break. Still, it is good to ask Good fare bread because, he is the proprietor of everything.

If I tout someone, I feel comfortable being honest with them about anything. So, Good is much reliable then even my most trustwenthy faiend. When things feel difficult, he doesn't ask me to keep them feelings to myself.

when I go to God and trust him, my like becomes revy carry than others. He cares me in different cincumstances. He loves me and I can show my trust within him to talking about all my feeling, and cincumstances through prayer from heart. He cares for my hunts and also pays attention to me. It is comforting to know that, god will strengthen my trust in him during times of handship and the unknown.

So, devotion to Good helps, me handle failures better. It helps are realization that sometimes nesults are beyond my control. All that I can do is to focus on effort aspect of life. I believe that, the more we pray the more grace we will receive. Sometimes of feel that everything worong is happening in my life but I have always received divine guidance whenever I have felt lost. Good cannot lie the always keeps his promises So I am sure that, he loves me and has good in store for me.

2 Appreciation of nature:

Nature is filled with so much beauty be weisdom that it's only ratural to feel uplifted in the presence of big trees and singing binds. To cultivate appreciation for all aspects of nature is an essential step towards bringing own modern society into harmony with life on this earth. So, touch with a genuire lone for nature makes it easier to share that love and pass it on to others in own life.

Notine pulls us into experiencing rensorry awareness, nather than being caught up in our thoughts whom own senses are captivated by the beauty and mystory of a natural setting it slows all the noise of mental clatter that normally cloque up our attention. Being resonating with nature suddenly we find a magical world filled with exciting oppositunities to have thoughting adventures.

Our affinity toward nature is genetic and deep neeted in evolution. Nature gires me a sense of peace and well being. Nature is everything around us and weithout it we are nothing at all. If we overstop over boundaries, nature weill put us back in our place, despite our best efforts to overeone that. It heals the soul and brings us a sense of connection, belonging that we are part of nature. I think nature is healing for mental health conditions and Trauma. Also, blue and green spaces, and sounds of nation are evidenced to impact positively on mood and well being. Nature neminds as that humankind is part of a bigger picture. Observing the natural would reminds us how amazing this planet is and how we have a grate to play to keep it that way . So the appareciation is pulsating with the loss and life of the maker and sustainer of the Universe.

3 Punetuality

Punetuality is a vital point in our social life to increasing their peademie and professional success. It gives no stability, security and self confidence. Being unpunetual is always seen as a potential sed flag for several necessors. Puretuality for a student will give him nespect and acceptance in his society, family and institutions. It helps to easies to get done our work on time and thus get success in our career as well . So, every work gives the best result if it is done on time. The peason who values time is always punetual in his life.

Punetuality enables us to do our work timely weithout any delay. This saves us from missing any important things and finally we become successful by our L.fe. It also saves punishments of being late. The act of being punetual saves us from these types of criticizations.

A person fellowing punctuality intends to complete all the tasks and nesponsibilities within the time foreme. They are consist trusted by other people that will not be late & will be gresponsible. It helps in becoming blanned and systematized. The people understanding and following punctuality is never a late comer. The people bearing all this qualities are considered to be systematized. People being punctual in their like are also disciplined. Their punctual nature makes them complete their work on time despite various hindrances. It helps in fulfilling one's ambition, and a gright tep in the right direction along with considering the improvance of time. Turnetual peoples also ensiched we'th moral questions and achine success in this get promoted to higher positions and achine success in this life. So, We need to understand the importance of time & work within the time frame to achine our tasget.

Name: Subhagata Ghosh.

Collège Roll No. : 517.

Semester: II (Mid Semester Exam.)

Department: 200 logy.

Registration No. : A01-1112-115-011-2020

Subject: Skill Enhancement Course.

(Value Education and Indian Culture).

VALUES WHICH SHAPE ME

Introduction: Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies human want or desire. It is a relation between the satisfaction of desire and the preservation and furtherance of life. Values reflect our senses of right and wrong. They help us to grow and develop. The decisions that we make everyday are a reflection of our values. A man must go beyond organic method of satisfaction of desire to reach the concept of what is intrinsically valuable.

There are many values

in our life. From those-respect, loyalty and learning are the three values that always shape me in my

life.

A RESPECT A

Definition: Respect is a way of treating or thinking about something or someone.

Mutual respect is needed for

all of us which makes us human. Having respect to everyone, despite differences between us is vital

in order for a society to function well.

How this value has shaped me, and will shape me in future: I give respect to my eldows, my parents, my teachers and friends and I believe that by respecting others I shall be highly obliged to them and they will also have an affection to me. In my life also, they are affectionate to me as I give equal respect to others.

I also think that in future if I want to be known for treating all human being with respect. I probably base that respect on something more fundamental than someone's rank or social status.

D LOYALTY D

<u>Definition</u>: Loyalty is a devotion and faithfulness to others.

Agreement between two people. We should strive to reclaim and embody this loyalty.

How this value has shaped me and will shape me in future:

I am loyal to every body and I feel the effects of my loyalty towards others, mainly because of how my loyalty-inspired actions affect me and the people around me. I being a loyal person hold a special place in others lives, because in my difficulty always my parents, friends, teachers are there to make the way out of that difficulty.

I think that

I think that as long as the effects are generally good. If we see the potential dark side of loyalty, if it takes priority over the best interests of those involved, it is not at all fair. So, in fidure we have to keep it in mind, not to damage the entity of loyalty.

D LEARNING D

Definition: Learning is the acquisition of knowledge of skills through study, experience or being taught.

Learning is the change in behaviour of an individual brought about but through his own

expeniences. By Icarning, we find connections seemingly diseparate ideas and disciplines.

How this value has shaped me, and will shape me in future:

I, as an independent scholar, look for many ways to learn about the things that can give interest to me and helps me to gain my knowledge. Sometimes, there are so many things, that I want to learn, but have a little time to sit and relax with a book. It's hand to stay focused on just one. I also learn many things from my parents, elders, teachers and hear what they tell and teach, which in turn helps to gain my learning habit. It helps to improve my brain function and keeps my mind engaged, bady active.

I think that the more we learn, the more we learn, the more we realize how little we know and how much more is there to learn. Learning is fundamental to the progress of humanity. If we learn everything with our keen interest, we will be prepared for our future and reach our fullest potential as lifelong learners.

Conclusion: Values represent our personal guiding principles or life goals, belief and attitudes in all aspects of life. Values are specific, different and stable which are learnt and it affects our personality. Values provide standard of competence and morality. Values give us ideas, objectives to regulate our day-to-day behaviour as well as base for our judgement.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

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NAME: - Sudipta Majumder

REG. NO:- A01-1112-113-006-2020

COLLEGE ROLL NO : 311

DEPARTMENT: Mathematics

SEM: 3rd Sem (UG)

TOPIC: "Values which Shape Me"
MID SEM ASSIGNMENT

Personal values, beliefs, and principles are necessary for individuals to know about themselves.

However, when asked the question, "what are your personal values, beliefs, and principles?", the first responses are often a laundry list of characteristics with the assumption that the three words are synonymous, values are the positive teachings provided to help us and tread the right path in life.

Honesty Cannot be the best policy but the only policy because even a liar does not want to hear lies from others. I realized that if we want to do something great in our life the only way is to say truth in any - situation. In my childhood my mother taught me not to tell lie. That destroys our life.

Self-lespect is fundamental for a great. life. If self-respect is lacking this may cause in security and the strive to be someone we are not, self respect is a quality which is extremely important for dignity, confidence and personality of an individual. Self respect improves the morality of the individual. We need to semember that Respect for ourselves quides our morals, while rasped for others quides our manners for winning the respect of others, we need to respect our own selves first.

I believe in putting yourself second. I think people have lost sight of the fact that the good feeling you get from seeing else happy and doing well because of what you did for them is just as, if not more, gratitying than pulling your wants and needs first. Selfishness is an act of being self- Centered and egotistical. It is the ability of a person to do his or her own things without helping others or meeting the needs of other people, they only Concentrate in Self-satisfaction. Children Can begin to learn unselfishness at a very young age, and they should learn it as a skill and a capacity as well as a value.

My farents, especially my mother, did their best to make sure I always knew to Consider other peoples feelings and that most times helping a friend is more important than helping yourself.

Swami Vivekananda said, "He who has more of this unselfishness is more spiritual and nearer to Shira. And if a man is selfish, even though he has visited all the temples, seen all the places of filgrimage, and painted himself like a le opard, he is still further off from Shira."

which have Shaped me and will Continue to shape me towards the goal of my life.

Personnal valuis, beliefs, and principles are



Aishik Sinha ,Roll no -403 ,dept of botany ,Semester - 3 ,Registration no-A01-1112-114-003-2020

"Values are to people what roots are to trees. Without roots, trees fall when they are thrashed with the winds of the pampas. Without values, people fall when they are shaken by the gales of existence." — Carlos Reyles, 19th century Spanish author

Like this very way our **principles, values**, or **beliefs** are the lens through which we see the world. We then find the evidence and examples to prove our point of view. Therefore Basically, **values** are a set of positive or negative beliefs that determine what we like and what we dislike. **Values** are something we really want and so cause us to take action, or something we really want to avoid and so move away from; that means that they are the primary source of our motivations



3 ValueS that shape me

1) KNOWLEDGE: Knowledge is an understanding that gives you wisdom, information, facts, skills, through learning and experiences in life. It is something that is a very wide concept and has no bound .like this very way it made me what i am today. It gave us the purpose to make a difference.

Why does it shape me?

Right from birth we are learning and this tenure of learning will be going on until we die .So it becomes important to get the proper kind of knowledge that ultimately makes a difference between a gentleman and a thief. .From the childhood stories of wise men like Chanakya, Aristotle, great monks like swami vivekananda, Buddha, great scientists like Apj Abdulkalam, JC Bose always fascinated me. I always felt that there was something in them which made them so different from the rest of us! As time passed by I felt it more strongly that it is none but "knowledge" that makes so difference. Even a book full of knowledge can turn a thief into a man of wisdom. And that is the reason behind putting the value of "knowledge" in my list.

Other aspects in knowledge value:

- It is definitely something that made us Human beings and the most successful species on earth
- Knowledge gives us the open mindedness which can be in any job., work, fied, domain at a given time.
- It always gives us the purpose to learn something new by building on the knowledge that we have or by accepting knowledge or information from anywhere we get. It may be from books, virtual media, friends, etc
- With the power of knowledge we gain the ability to solve any problems in life or problems in society.
- It impacts our growth which influences everything in our life from relationships to work.
- It makes us wise enough to independently make our decisions in life which becomes crucial at many times in our lifetime.



• A strong base of knowledge helps our brains function more smoothly and effectively which is a necessity in everyday's life. For example when we daily chant mantras we make a difference because chanting the mantra and understanding its core value brings an inner peace and acts as a stress buster.

- Knowledge brings us personal growth and development which promotes the ability to change everyday.
- A positive mindset is adopted for every knowledge we gain
- Acquiring knowledge helps us to become a constant learner which helps us to progress and achieve our goals.
- Now one can generate knowledge in any form. For example when we read texts, stories it gives an idea about different topics and different views about them
- When we share knowledge we make a communication and this communication is very much necessary for understanding each other.
- Knowledge keeps you engaged so if one doesn't like reading, there are other excellent alternatives to getting your daily dose of knowledge which can be watching documentaries ,listening to soulful classics, going through the images of an encyclopedia.
- The more knowledge we have the more power we possess so we should always keep learning till the last day of our life.



2) DISCIPLINE: Discipline is something that is very essential in every step of our life It is such an enormous force which keeps us bonded together

Why does it shape me?

From right childhood we were always taught to become a disciplined gentleman in life..So from right nursery classes in our school we were told why discipline in life is important and how it shapes to a better human being.Being obedient I always tried to follow what my elders ,teachers advised me but many times whenever I tried to unfollow it I learned a lesson.And perhaps such lessons which we got to learn from the result of our wrong deeds teach us a its importance. And slowly I realized why discipline is such a key value to shape my life.

Other aspects in Discipline values:

- .Discipline is the organizing of human tasks and objectives so that every human can be successful
- It is the guide that"s availability directs a person on the right path and determined to his goal.
- Discipline is more like a staircase by which we achieve success. It helps a person to focus on his/her goals in life and it helps us not to deviate from the goal.



• Without discipline, life will become dull and inactive which will bring frustrations before our goal is reached

- Discipline changes with the stages of life and priority so it is important to sow the seeds of proper discipline in an young brain so that when child grows up he/she could prioritize his work according his needs
- More over it always motivates a person to progress in life and achieve success.and everyone follow discipline in his/her life in a different form
- It makes things easy for you to handle and ultimately bring success to your life.
- It adds an exceptional dimension to the personality of the individual.

•

- A well disciplined person always leaves a positive impact on the mind of people wherever she/he goes
- Besides, it brings perfection in a person's life by training and educating the mind and body of the person to respond to the rules and regulation, which will help him to be an ideal citizen of the society.
- A person can only be successful if she/he strictly lives a healthy and disciplined life which is an obvious thing.
- More over it always motivates a person to progress in life and achieve success.and everyone follow discipline in his/her life in a different form
- Above all, discipline helps a person to achieve the success that she/he wants in life.
- If we talk about professional life then, the disciplined person gets more opportunities than the person who is undisciplined

3) HUMANITY: Humanity is the virtue that is linked with basic love for each other and moral practice for happiness which is a very basic ingredient of the world.

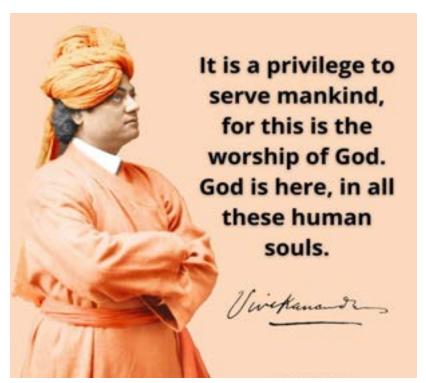
Why does it shape me?

During my all this growing up years when ever I read books written by swami Vivekananda ,and personalities like Subhas bose ,Mahatma gandhi, Ishwar chandra Vidyasagar I always felt that all these great personalities always focused on enriching human lives with love,kindness,rather than wealth ,power .And more over living among people who are believers of such personalities be it my own family members ,my teachers always inspired me more to learn about those great men and 'why they preached humanity as the ultimate religion?'. .So gradually I felt 'Humanity' to be a key value in one's life.



Other aspects in humanity values:

- Values of humanity make people care and help for others whenever and wherever possible.
- Only human beings can understand the importance of humanity and it is humanity as a result of intelligence which actually gives the core essence to human existence
- It is important as it helps us forget our selfish interests at times when others need our help.
- Humanity is something that ables extending unconditional love to each and every living being on Earth
- Humanity is paramount, no matter what religion, culture, society, country one belongs to, but he/she always belong to a human community, and humanity is primary for them
- It makes one go deep into the root of humankind, a kind that appreciates the existence of everyone.
- Humanity is the stuff that makes us human and defines the human society,
- As one understands the importance of humanity in day to day life, the purpose for which we are on Earth is automatically fulfilled.
- Love and kind gestures are the true aspects of humanity and such gestures always keep each one of us stay away from the cruel side of our society.



- When we can express our humanity through love, kindness and positive interaction with other people, we become happier, healthier and better humans.
- Humanitarian gestures such as love ,kindness even help to build a better future as it gives a good nurture to the mind of a child.
- When in the present society everything is becoming so complicated a kind humanitarian gesture always spreads positivity to the other person.
- Feelings of love and affection that present time needs most will only come with understanding the utmost necessity of humanity.
- When you show humanity you have a feel click or a pinch from your inner soul which you cannot get from something else.
- As I conclude I would only say to any religion one belongs to he/she must be a human first, be a human lover, strive for humanity as every religion teach us humanity and should share his/her life with others as life is all about living for others and serving humanity that is why "No religion is higher than Humanity".

1) Spiritual Value

What so ever existed (even though rever existed existenciality) continuously changes in releas of time and referal frame taken into consideration. When phenemenans are viewed as intrications of knotedge that we against timitations in each and every pervading potentiality gradually increases. Gradually we are unable to separate ourself from the tenure specific forms expenienced by our censes. Bandage to each and every substance having a particular referal form is ignorance to attain freedom or to attain with But we are surjously and sincerely ignorant even to realise our ignorance to chaish the gift called life as potentiality.

Ignorance of a Bondages faced of Socio-culturally of Potentiality of cell realisation by individuals evolving events Potentiality of Individual

Thus, spiritual values always keeps on uttering into

- (1) Strengthful and fearless to address my ignorance to realise my true nature
- (i) Always so truthful other ever you feel that your ignorant relater is being judged

and at stated by Swai Vivetananda, that -

The world is the great gammasium where we come to make consolves atrong

2) Aesthetic Value

Each and every attachment that we feel are socio-culturally evolved with which own nervous System is calibrated to. Thus, to realise own own self and to get rid out of attachment culture of Aesthetic values performs as vehicles to unite with cosmos. Aesthetic values such as music, in Hindusthani Classical Music in between my musical notes (Shruti) there are infinite musical notes called nadas

Shruti = Musical notes such as; Sa, Re, Ga, Ma, Pa, Oha, Ni

Nada = oc musical notes in between 2 considutive shruti
played one after another

= oc frequencies in between 2 considutive shruti
played one after another

Thus, tracing the encourte difference to commence the journey between 2 structi is always blissful - "Ste like floating with the waves that con!" be touched mor be seen but experienced."

3) Cognitive Value To understand the nature and true principles of a subject a worstipen of that subject must dive deep into the subject concerned. Thus constant focus, concentration, independent thoughts, scientific temper, perfection and penseverence are important.

Cognitive value and such values always help any one to grip any thing and constant practice of Cognitive value (as much possible) have always built me.

Values; Value is a commonly regarded as an economic conception. An object is said to have values, if it satisfies a numar want on desire.

There are 3 types of instrumental values like Existence, Knowledge, Bliss. Under instrumental values there are 5 types of values:

1) Spiritual, ii) Moral, iii) Aerthetic, iv) Cognitive, v) Social.

Honal & Under moral value, the value currich impacts vory deep in my life 1s housty. This honesty is one of the best value in everyone's life I always do anymork with full of honesty, donot try to do the work with maly ractices. Since childhood I we done each I everyoner with full of honesty. Feath feealling my memory, I what to share an incident in school life, one day I was walking on the school campus, twing break hours, suddenly I saw a Rs. 50 note was lying on the campus, then I there I though the note I gave if to our headinghouse. Of the school instead of taking it my pocket. Also during my platy time in the ground. I always try to maintain the housty. Also in hiter, I will always try to do anywork with full of howesty in both academic of proksolonal life.

Aesthetie: Another value is aesthetic value in this value the pursuit of art value (specially painting) & communication skills are very effective in my like During Leisure hours I always try to to painting like pencil sketches, anatoricolouring etc. Also I used to take learning about advance pointing ten nigues from my art-teacher. This is my hebby actually. Another value is communication skill it is very essential now a days to have a great communication skill, beleause a person with great communication always takes advantages in both are demic le prokessional sectors.

For this reason, I calculars try to maintaining the greech style stills, also it is very important to maintaining the greech style of greating manner, because in jobintoniews these manners, speech styles are also observed. Also in our cockety, people loves those persons ceeled have good manners & well believiour.

11) Cognitive; In cognitive instrumental value, the concentration affects me very much than others. A concentration is thing by achich an human being can do any work pretty well: Withou this nothing can be done connectely. A person can achive his goal in the nighthancey. Recalling my memories I cuant to chane on Incident negarating this. Duting my class XII board exam, my preparation was not so gold during while your, also in test exam my result was vory bad, my parents & teachers were very much forsed about my results of their they advised me to do the preparation again a eith ful of concentration, so from that time I started my board exam preparation cecity full of concentration, of then dtlest I got my result very roon, I appeared the class XII board exam with a good warks-So, by this it is proved that concentrationis very important toh all good risults. I always try to maintin my concentration during any mont since that incident.

Norme-Kircan Chartenborety

Roul-1412

Depentment- Botany

RegNo-A01-1112-1147 011-2019

Sub. Code-SEC-I

Values Which Shape Me

El Values: Value is commanly regarded as an economic conception. An object is said to have value, if it satisfies a human want or derine. All things that stirtly human derines are good on have values like food is good; it has value because it satisfies hunger.

competent, pocuetical and professional. I main values

will be discused below.

1). Purctuality:

-> what is puncouality?

>> Punetuality is the characteristic of being able to complete a sequired task or tulfill an obligation before or at a previously designated time.

Life. Punctuality is the starting milestone on life. Punctuality usually highlights follows and commitment.) It is a visitue that leads to great achievements in life. It provides as stability, security and self confidence.

a Implemention in life: -

O Being on time helps me be cool, culm and calleted and make or great impression. A lot I able to respect their valuable time.

(i) To seach important places in perfect time, without

(ii) To make a proper secondiviontine with suitable time management.

(iv) punctual people are generally organised and systematic; their days are planted formed the minute of walking up to

going to sleep. (v) To finish a work with beauty and in perfect time. -> My benefit: Being Punctual and on time eliminates stress from my life and also surnover the anxiety of being lute and help me in being culm and organited. It's also create a good impression to the other person. It helps me to finish a work with benuty and in perfect time.

2) Self-Condical;

is what is self-control? ~ Self-conduced is the ability to regulate and alter your susponses in od order to avoid underiscable. behavious, increwe desistable ones, and achieve long-term goals. Research has shown that possessing self-contral can be important for health and well-being.

100 Implementation in life: 1) This is the ability to behave properly in difficult rituation .

(ii) It makes me disciplined.

(iii) It helps me to make better decisions.

(iv) It busks me in mind to think before spenking anything. (v) It strusses on the contral of only thoughts and feelings

and be putient in every condition.

-> My benefit: By practicing self-contucal. I have got some control over my emotions. I understand what to say to whom and when and ulso who with to control my thoughts better by practicing self-control.

3. Concentration: -- what is concerdoution? or It is the ability to ignore distraction and focus into the work and save our energy and time. 1 Implementation in life; Of tenables me to work more efficiently (ii) It helps one to ignoring other distractions. (iii) Truy meditation, it improves attention Span. (iv) It is the ability to direct one's attention according to own will. (w) Concentration can be practiced by lettering more I han spenking, taking, a short break. -> my senefit: I got to know my distructions that hinds my concentration and am slowly moving my self and wish to over come all of them soon. Thoughts

VALUES OF MY LIFE

Values are about what you consider important to the life you want live. They infrom your priorities and , wherep racticed consistently, from the charecter you want to have.

kindness is about treating other the way you want to be treated.

It's more than just holding your tongue when you're tempted to say some thing unking; kindness looks for ways to make life better for others. It takes delight in lifting others up and reminding them they no not alone, invisible, on insignificant.

Patience:

when someone is pushing your buttons, taking your time or attention away from something you won't to finish or making your life hander some way, you pa-Hence practice patience by putting yourself in other's shoes, trying to see the situation from their perspective, and nesponding with kindness and nespect.

No one wants to be treated like an inconvenience or a burden, and sometimes your priorities have to change to make room for something more important or more likely to help your grow.

Respect:

If you want to be known for theating all human (on living) being with respect, your probably base that res. pect on something than someon's ranks or social status.

Otherwise, why would you consider it a priority to treat cut human's with equal's respect - regardless of their age income on background? On why would you put more energy into making sure than least exalated among you is treated with respect than into making sure other's treat you with the same consideration.

EMD

Name: Bishal Mandal

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Registration No: A01-1122-215-009-2020

College Roll No: 09.

Date: 11/12/2021

VALUES THAT SHAPES ME

Value word is purely an economic concept. We can say, "an object has value" only when it Julifills ours requirements. Food has a value because it socialistics human hunger. 'Shelter is good because it serves human from harsh serviconment and wild animals. But this modericalistic concept of value doesn't fullfills the human heeds all time, we heed something more than that, something that helps something that helps human to mercuse it's morale

Last of egital and

praka andra miso and anders

30 value is not just an adjustment to the environment, but a concept that holds the human civilization. Me is want stoday are much more complex and numerous and goal of life is much more complex. Man is not a mere animal on a bundle of desires. Man is not only a body-mind concept but a person, a self, a spirit, so what satisfies has personality or contribudes to him. There to his self realization is altimately valuable to him. There are absolute or indrinsic values chrished by all persons beyond all differences due to time and places.

The values which shaped me are—
Honesty: Honesty is an important principle that governs rays lives. Honesty should be reflected in our words and deeds.
When we speak the truth we should state the fact asthey are. When we speak the truth may be difficult but it we are bound sometime telling the truth may be difficult but it we are bound sometime telling the truth whatever may be the resper cussions. We should say the truth whatever may be the resper cussions. We should say the truth whatever may be the resper cussions. One who is honest does not fear any Punishment. In my doily life the who is honest does not fear any Punishment. In my doily life I fries my best to keep this honesty, though there are severed hard.

Ships I faced for this. But I trued my best to Juli till this Value. Cause this value stays with person through life. One als is houst and always speaks the truth, does only what is right. By being honest one can be foorless, cause only one who does wrong tears. One who is honest in cultimately the winner. Obedience: Obedience is an act of spiritual discipline. It helps to build a person's charecter. Obideus leaches as Self restraint. Obidience plays an important role in student's life. Disobey may leads to choos and punishment. To best way to avoid this to Judge the situation before reacting. Obe diens is a basic aspect of every body's like. In my daily life I trypto be obedient to my elder teachers, cause that helps me to grow in life. Obe dience is also a great when that helped me a lot to built by churicater. We all have to a human society and we are abide by scalls which we should all Jallow for our own good. As a student I truly my handest to maintain this.

Clearlines: Clearlines is a vital element essential for a healthy and happy life. Clearliness, plays a vital rate in our lives, it gives physical as well is mental health. It's a tundamental duty for every person, specially students. Like me to maintain good health following both personal and environmental hygine practices. As we all know the clear mind and body. I, as a student do my best to make gure my surrounding is clean. Whe should not just clean only our houses, as a cativer it's our duty to keep our surrounding clean, it will help to to build a healthy bociety. After practising Unabaiss we will notice some vivid changes in us, too like we will healthy and it, we will not true out of evergy while doing strendows Jobs. In addition to these physical benut to, we will

dehive Peace of mind and own concentration level will also increase. It will also help to spread possitive thoughs and possitive vibes, where ever we go. We must keep in mind that life is beautiful and by practicing closuliuss we pay respect to the life we have and make the auth a bedter place to live in.

These are the observatures that shaped my life and helped me to grow and to be a bedter person, a better human being to live

: Values which shape me:

The meoning of intrinsic value is that which satisfies own personality uni, in other wood which contributes to own self realization. Basically value is an object that satisfies the human desine.

when I look at mysell, I see that there exists many instrumental values that shaped me rather my personality. Actually here I preten to mention three values which have shaped me what I am today and will continue to shape me towards the goal of my life. These are:

(i) Moral values:

Mural values like honesty, nMur-violence, elleanliness, lausterity, self study, simplicity, self control ele improves my pensonality as well as help me to enrichs my spritual aspect.

lingerice to poor Habind book beoble Lines we & sell satistaction and gives me an another Point Holview to this society. It helps where to pully my locus one lift. I be emised (iii) mous in Linds mous in dronk genelobs wh social Communication skill. Il gives me the concept of partiership and leadenslip. Mork in front helps me to imbrone må beopour, churchen.

Topic :-

Values Which Shape Me

Ramakrushna Mission Vivekananda Centenary College, Rahara

Name: Durjoy Hore Registration No: A01-1112-113-051-2020

College Roll No: 372

Department: Mathematics

Semester: III

Values Which Shape Me

to be a better human beings. Without values were are like a stone with no movement. Sometimes the values teach us a lot. The all values that I have learned can make me a better human. The three most important values that shaped me and will continue to shape me towards the goal of my life are social values, are shelic values and cognitive values.

Humans are social beings, for the sake of our life we interacts with many other peoples with many other behaviors. To socialization is a value that emphasises us to be a significant part of our society. Few years ago I can't socializing myself. I couldn't participate any occation nicely. I felt like I am happy when I was alone, to aword some cultural and socializing stuff Sometimes I expressed some rude behavior. I was not so punctual at all, for this I faced many problems that also even affect my ocademic life. Also for lack of socializing power it caused many anwanted problems. So, I decided to change my behavior as fast as I can Now I can overcome some of this bad habits It's right that I can't socializing me fully but I changed a let . Now I am parelual most of the time. I also enhanced my patriolic behavior, now I understand for a sensible and trustworthy person & have to love my nation. Team work is the most successful method for doing a job and now I don't hasitate anymore to work in a group. It's sure that this habit can improve me in future to grow up as a social human not as a lonely one.

authoric values are like machines. The authoric values are like machines. The authoric values can bloom our personality. The artistic takents like singing, drawing, playing musical instruments, dancing com improve our socializing skill, concentration and comenhance our intellact. I am not so good in arts but by just participating it can helped me to concentrate in my academic carrier too. Also the communication skill show our behavior and manners to the other people. Since I had a bad socializing present I was also not good in communication a few years ago. But I can now communicate freely with others and so people know about we and I know about others too. In future these aesthetic skills can apgrable me to the Journey of a better human, not as a ansensible machine

Constitue values are the knowledges that grow up in owi constitueness. In a relevant situation this knowledges can help us a lot. The scientific temper, logical thinking, independent thinking, firm belief in law of harma and ability to lake a good decision can overcome our life's hundles. Few years ago I sometimes took a bad and illogical decisions that caused another problems. But now I can take a logical and successful decisions by enhanced my logical thinking ability. Also the cognitive value can raise our concentration capacity, which causes for fection and makes a self confidence. Sometime a successful decision can change our life, so I think in future the cognitive values are the path finder to make a human to become a successful and confident human being.

My goal is to become a better and successful human. It's hard to put into words that how all values shaped me. But I think these three values have shaped me more than the others. Ilso in future I will try to main tain them toward the goal of my life.

Anamitra Sen Ube 3rd Sem, Zodogy Department Roll-515 Registration no. - A01-1112-115-010-2020 RKMVCC.

Values which shafe me

values which can load me now to the forfeeling I

me always is honedy which also involves integrity, truthfulness, straight forwardness, loyally and absence of lying cheating theft. I don't know how it affected in me; may be derived from my fables. I usew it gives me a lot of troubles as I don't tell lie in some cases when he will help me. But afterthat I see, I am right because the worst truth is betten than the best lied once trust is broken it can merce be fully regained. All once trust is broken, it can never be fully regained. All who have succeeded in life with honesty, are truly respected. So I think it will help me in my future good of research without giving any false data for getting good results, this faper will be suct a tissue faper I think.

hever from any bad situation, is positivity. I believe that there's always a positive side in a negative incident. This makes me to see multiple solutions of a problem of to take better decisions. I think it will help me in

case of my research works.

3rd value that helps me is creativity. I am not saying my efficiently, but gaying about what I do. I don't believe in copy (paste method in exams that don't give carry pride. Which is already discovered, I have to mind it & write in examo! I think this is not a true purpose is to know the unknown fact by getting help from the text books. To I always think how to solve problems of awa world. I create think how to solve problems of awa world. I create or want to create many flows for it (it has to given me place in various competations, that's not my main furpose to say that I am talented, I have to create it for our poor people of our country (also world. So that they can live better. I think this quality will give me a great help in luture.

REGISTRATION NO. : ADI-1112-116-008-2020 B.Sc. Microbiology HONS.

Page: 1

VALUES WHICH SHAPE ME

Values' means something that is necessary in any respect as a pen or a peneil has a value since it helps in writing in the enfress thoughts. Similarly, there are some fintrinsic values that helps to uplift oneselfie to build one's character. According to Indian the Indian philosophy, Self-realization is the goal of human life. This can only be done by developing subtler insights, not outside rather inside oneself. These values help to go deeper into or towards self-exploration. In Here, I've chosen 3 values that have shaped and will continue to shape me.

- Brahmacharya: It is has been postulated as the fundamental requisite for one's any kind of development. Brahmacharya' means self-continence but actually or literally orwans strong belief in a Brahman', the almighty. In student's life, it ye to cultivation of Brahmacharya yields a positive result. So far, I've tried to culminate the ideals of brahmacharya as far as possible.
- Cor Self-study: Self-study is a great tool to acquire knowledge. Swami Vivekananda stated Knowledge is the goal of human life. Self-study forms the integral part of it. A student life provides a great opportunity of self-study to gain knowledge and broadening one's view to the world. This has built me and will continue to be an integral part of the life.
- Scientific temper: Scientific temper means reasonal questioning to world and what is viewed and experienced A man to am gain a interesting insight by questioning which was never achieved before. As this forms the integral portion of any field of study it has a contribution in building myself and will also continue to be with me.

RAMAKRISHNA MISS ION VIVEKANANDA CENTENARY COLLEGE RAHARA, KOLKATA-700118

TOPIC - VALUES WHICH SHAPE ME

DEPARTMENT- MATHEMATICS

SEMESTER - III

NAME - SIBIL MURMU

REGISTRATION NO-A01-1132-113-035-2019

COLLEGE ROLL NO - 1351

Monal: Monal values are set of

brunciple a guiding us to evalute What
is night on wrong. Monal values helpshape
the character and perhonality of individuals.

Monal value teach in: Important of honesty,
non-violence, clean linen, contetment, a sustenity,

self-study, Dimpricity, self-control. Monal values
make us claim calm and borgivenen. Cleanlines make
us diffridence berson, Honesty make us strionge
us diffridence berson, Honesty make us strionge
herson, lett study make a student Knowledgeable.

Self-control make us disciplined.

Morrel value help me to discriptioned, coulm, struonge person and its help me to achieve my gold in future.

Aesthetic: - Aesthetic values are deals with the nature of beauty and starte, as well as the philophy of ant. Aesthetic values are help us to improve our thought process. Aesthetic values kelp us to communicat manners and object. This help us to communicat manners and object. This help us to communicate with society. Aesthetics considerationly communicate with society. Aesthetics consideration, beaple like some work of of art and not others, beaple like some work of of art and not others, as well as how art can alreet mood of our as well as how art can alreet mood of our painting, dancing, playing, musical instruments and painting, dancing, playing, musical instruments and

montfal ants are Improve our personality. Aesthermatic values reach is important of mother nature.

That's helping us to see becauty of nature, like landscapes, sunsit, humans, blowers etc.

Beauty to a possitive aesthetic value that contrasts with uguinem as its nagative counter contrasts with uguinem as its nagative counter.

Aesthette Value o help me to improve my manners and talking skill . That's help me to manners and talking skill . It's help communications the nespect full attitude. It's help communicate the howevery and it's make me nearons see to protect the beauty of mother nature in future.

Cognitive - Cognitive means the mental action on process of acana acquiring knowledge and under standing through thought, emperience and under standing through thought, emperience and the sense, knowledge is power when relevant the sense, knowledge is power when relevant and appried. Cognitive value teach us how to take and appried. Cognitive value help us analysis. Cogleal action - Cognitive value help us analysis. Cogleal action - Cognitive temper. This help us anything with screentible temper. This help us anything with screentible temper.

Knowledgeaud.

Coophithre Nature help me to applying my
Knowledge in life and taking logical decision in my
Hield.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

Subject: SOC-II (Value Education)

Name: Punyabrala Maily

ROII NO: 01

REG. NO: A01-1112-213-001-2020

The three Value Which have shaped me What I am today and Will Continue to Shape me towards the goal of my life are described below:

1 Learning how to LEARN':

There goes a proverb 'I hearn as long as I live'. In my conception, living Wilhout Learning is Watering a tree Which is already dead. So, I realized that I have to persue Knowledge With patience of perseverence. And it is the only way to progress steadily. Then I start to follow the procedure of so called talented Students. Unexpectedly I have failed. Then I have contemplated that the procedure was wrong. Again 1 go for the same way. And the results remaineds unchanged. From these happenings I have come to know that there are different ways to succeed in life. Learning process differs person to person as their merit, obstacles, motivation are different. Then stowly I learned how to hearn. It helps me a lot.

@Writting Wrong Answers:

Instead of Jame reference frame and Jame problems, the Jolutions varies from one person to another. Most of the Cases Auccess I failure matters on reaction more than problems. Then I learned many terms like 'how to say no'. I also learn any hong can do anything but not everything. Life is like a linear programming problems. There are ups and downs, maxima and minima. Perticularly in my sife i realized

there are repetation of some mistake. So Keeping my mistake in my mind if I take decision that will be more efficient. To avoid these mistakes Will down these incorrect decessions answers in note book helps me a lot to succeed.

Reaction on Situation :

fires are same in all Woods. We Cannot Critisize or praise on anybody with respect to our thinking. So We shouldnot treat anyone improperly. Our reaction should be limited and to the point. Actually good speech is like a wimen's dress, which needs to shoot enough to ereat the interest as well as long emough to cover the subject. So proper reaction on situation can save us from too many unwanted problems. Be sides learning a ceuroing knowledge on behaviour helps me a lot to progress, that's why I am here today. Certainly, I believe that besides learning listening, respecting teachers & parents, believing in myself, proper reaction on situations will lead me the way to succeed.

Values which shape me

Values are qualities that one considers to be worthwhile and as such, act as the driving force in their lives. A person's values take precedence over other qualities and therefore dictate the manner in which an individual may act in particular instances. In my life, I have a number of values that I hold dear.

These values are as a result of my upbringing, my principles in life as well as my socialization. In this essay, I will tell about three such values which have shaped me what I am today and will continue to shape me towards the goal of my life.

- 1. One of the educational values that are fundamental to me is achievement. This is as a result of my belief that what defines me most as a person is my determination to succeed and my desire to make a positive contribution to society through my career. Achievement is therefore one of the values that is most important to me since in today's world, achievement and success are mostly tied together with educational success. As a result of this, I hold my educational exploits in high esteem since education is one of the avenues where one's determination leads to quantifiable success.
- 2. While modern day living has somewhat lead to degradation of the value of family from what it used to be in gone years, I still hold the value of family to be very important in my life. To me, one's family members are the ones who will stand by you no matter the situation and encourage you through life's troubles. While I reckon that family may not always be supportive or as ideal as I envision it, in my experience my family is closely knit and always stands up for me. I therefore always have my family in mind when making my decisions and consider how my actions will affect them. In addition to this, I try seek guidance from members of the family who are more experienced than I am before making monumental decisions in my life.
- 3. It has been argued that honest men and women are a dying breed. This statement holds true in our capitalistic society where profits and personal gains are the primary objectives. The means by which one goes to achieve success is often overlooked and as such, the ends justify the means.

Even in the midst of such an environment, I still hold honesty as one of my core values. Without a doubt, this is mostly as a result of my upbringing whereby honest was applauded and dishonesty shunned. Also, I have come to realize that when one achieves success through honesty, the level of satisfaction that comes with it is truly unrivaled by any other feeling.

In this paper, I have identified some of the values that I hold dear to me. I have also identified how this values impact on the choices that I make as well the actions that I take. From this deep exploration of my values, I have come to the realization that my values greatly dictate how I treat the people around me as well as how I prioritize on matters. I believe that as a result of my values, I strive harder to achieve the things that I want in life and as such, I am a better person as a result of them.

RAMAKRISHNA MISSION. VIVE KANANDA CENTENARY

COLLEGE.

SUB: - SOFT SKILL.

NAME : PRIYABRATA SUTRADHAR.

REG. No:- A01-1112-213-008-2020.

ROLL NO: 10.

DEPT :- MATHE MATICS.

SEM: TIT. Course: m.sc.

DATE: 11/12/2021.

Value is an economic conception, it satisfies us by our wants or desire, our wants today are very much complex and numerous and comptehensine also. We are not only a body-mind person but a person, a self spirit. so value satisfies our personality & contributes self-realization which is ultimately valueable to us. I There are so much instrumental values, here i will discuss on 3 values that shapes me.

i) moral: - we all know honesty is the best policy. but here we shall be honest when me get gastrength. from our body & mind, For me I say that I have to increase strength one mental power and that i can. easily understand the power of mind and its various functions, To increase it i have practiced the systematic method for enrichment of mind power I have to employ self study to be strong instead body, mind museles and intellect nerves, emotions through regulars Physical and mental exercise, Yogasona & meditation. also cleanliness personal & surrounding increas my self-confidence.

Then wo't will become the source of hope & inspiration.

in any comunity on , organization, I as also get a Cheenful personality and always be happy in life.

2) Cognitive: - next me know knowledge is pomen when it is applied, not only moral values me need. but also we seek for cognitive value. With intelligence I'm an develop my emotion, independent thinking analytical scientific temper, objectivity in decision making, the is have to try hand from logical perfection in decision time. Above all concentration of high degree is much required & useful in any difficult situation.

Then, I will learn to think critically & gother Knowledge from different field of study. Thus my personality will be developed including cognitive, be ravioural, biological, social-autural 2 spiritual perspective, I will be competent in any field of culture and i can generate an environment for.

positive work-ethies.

3) Social:- We all know me have to line together in society, society is judged through its consulting living habitants, so good society in an important value for me to shape me, Individual good 2 happiness depends on the others good and happiness, so we always try to do good for others I shall learn to appreciate cultural diversity by considering value education principles aceross gender ethnicity and culture, through exploration of direrse. cultural norms and expectations, i learn to. appreciate the principle of unity, in discoultant Social values include justice, freedom, respect. community and responsibility. Mutual respect is needed for us, That's armake me human.

Values of My Life

Values are obout you consider important to the life you want to live. They in from your priorities and, when practiced consistently, from the character you want to have.

Cowrage:

Courage is about doing what you believe needs to be done - not in the absence of fear but in spite of it. You might feel disinclined to offer a grenwine apology out of fear that the other will reject it, but courage will help you apologize anyway, beause its the right thing to do, I out of respect for the one you hult or offended.

Respect ?-

If you want to be known for. treating all human beings with respect , you knowably base that respect on some thing that someone's rank or social status otherwise, why would you consider it a priority to treat all human with equal respect to regardless of their age, income, or background? or why would you put

more energy into making sure the least exalted with respect that into making sure others of treat you with same consideration.

Love :-

Love sees the good in overyone, and it wants good things for them. You may not always know which best for someone else, but if you love turn, you want their reltimate happiness, and you want their reltimate happiness, and you want want to see them grow.

With him, to gether we learnt a lot of things which made my life easier. H Beside lim, I continued to feed other animals staying near my house From them I learnt optimistic thinking, helving others, duty towards my family members and all the other people and to nature. Particularly the dog whom I reserved overall taught me how to lead a healthy life. After his death worth We took initiative to feed two dogs as their needs and many other dogs that we can afford = From childhood usually parents feach to be selfish in studies on in other aspects of life, but an I was raised to be by be the least selfish that so that I help people friends and also keep my work getting rolling. In school, I've always should books notes to friends in need. I by to help the needy people by donating what I have. I've never rejected a friend who asked me a favor which can make my competition strong. I've always believed that a person who is in need and gets help, never betrayed the letper. Though there are some people in the would, maximum people stay greatful to the tophelper. I've also received love from people, friends, animals whom I helped which I think changed my character.

MID-SEMESTER ASSIGNMENT

Topic:- Values which shape me

Registration No:- A01-1152-215-027-2020

Roll No:- 27

3rd Sem PG Zoology

Ramakrishna Mission Vivekananda Centenary College, Rahara, Kolkata:-700118

VALUES WHICH SHAPE ME

Roy Oliver Digney, an American businessman and Co-founders of the walt Disney Company, once said, "It is not hard to make decisions when you know what your values are."

So to analyze the statement, we have to firstly know what are values, specially moral values. Values are basic & fundamental beliefs that guide on motivate attitudes on actions. They are the ends to which we act and come in many forms during own small and regular actions. Moral values are either moral on spiritual securar beliefs, which help one to become an ideal citizen.

Everyone's life is bounded to some extent and this assured the presence of motal values in human beings.

my life is not the exception, so here it will discuss some monal values, which helped me and will help me in future.

Discipline: I am a missionary student forom goodword and ay a greatlet i follow all their advise to be disciplined in life in all prospects. It is helping me in every condition from the wake up time in early morning to the sleeping time it will help me throught out the Journey of my life. It helps me by teaching me how to control my fatter feelings on emotions and how to stay cool & calm in bad situation. It grows my patience it shaped me with a beautiful smooth touch and in future it will also help me.

2 Respect: The Second thing which is helping me by Shaping my personality is to behave with other people as they are your friends. Their is a quote of Karma yoga, "Serving another is serving god," and for serving other person we will must give respect to them, but it does not mean give respect to these who does not respect you. I think this value will swely help me in Suture.

3. No Judgement. There is a famowy quote, which says not Judge a book by its cover. It deeply means that the ideal person never Judges someone on his/hor appearence. He Judges by the persons inner beauty. Inner beauty means cleanliness, layalty, bravery, not maturity. Ideal citizen doesn't have any tendency to purish someone for their mistake. This will detirately help me not only in future but also in present time.

* So, these are the 3 monal values, which shape me on will shape me. There are many other monal values, but i choose them as i practice the 3 monal values.



Ramakrishna Mission Vivekananda Centenary College Rahara, Kolkata - 700118

Ph 3rd Semester Registration No. A01 - 1112 - 214 - 033 - 2020

Value-education Submission

Date - 11/12/2021

Topic Values which shall me

I think the perpiety people you love you respect and you have shape your values and metires.

Values will influence your decisions related to your relationships and other activities you engage in .

Values are the things that you believe are important in the way you like and work.

First I am who I am today because of all the mistakes i've made glued together with all of the opportunities i've taken.

I'm correctly at learn.

Will Continue to Shape first Control attitudes, either positive or negative thoughts. Watch words and Ignore whiners and complainers.

Think about who is impacted by the goals and plans communicate the vision and plans many time in routingy multiple ways be balanced. Motivate yourself.

NAME: - SATADRU MAJUMDAR SEM: - III ROLL No: - 434 -: VALUES WHICH SHAPE ME:-

Truth :-

Truth proves the authenticity of a person. Trust worthiness is always established by truth. Truth also shows the co-operative level and credibility of people. Truth is something that we can't hide. It will come in front again and again. Sometimes it is harder to realise the truth. But, "Truth is one, paths are many"

Implement in life: -

Truth neglects a personality. So, we moved to speak

truth to be a good person.

I feel guilly whenever I want to move away from truth. In my life I have realised take or take statements easily sinks, but touth, trust, honesty never. So, I never move away from truth.

And I don't want to tarnish my life with lies.

M Self Control : -

This is the ability to behave proporty in difficult situations. It stresses on the control of our thoughts and feelings and be patient in every condition. It asks one to think before speaking anything. This is a cognitive process that develops with practice. By practicing self control we eliminate distractions

It helps us to make better decisions, Self control can be practiced by setting smaller goals and keep reminding why you started it. It makes us desciplined.

Implementation in lige:
By practicing self control, I have got some control over my emotions, I learnt what to say to whom and when and also wish to control my thoughts better by practicing self control.

Punctuality:
Punctuality is the starting milestone of life. Beyond of time management it lets us to live a brand new life that's worth emulating. It provides us stability and self-confidence.

Implementation in life: -

To make a proper noutine with suitable time management. To neach important places in perfect time without any delay. To finish a work with beauty and in perfect time.

Punctuality also helps me to be in a disciplined lize.

Sometimes it neally hard to end work in proper time, but we should try our best to finish the work in time, we shouldn't do it nuthlessly, we should try to put some beauty in our work as well.

VALUES WHICH SHAPE ME

Value is commonly regarded as an economic conception.

An object is said to have value, if od it satisfies a human want on decire. Food is well having value because it satisfies lunger. Exeller is good because it satisfies lunger. Exeller is good because it saves from will animals and inclement weather. Decrees of have also some values of my life ->

- (1) Clean Lines
- (2) Resilience
- (3) Honesty

HONESTY

(1) CLEANLINESS &- Honerty means to develop a practice of speaking truth twoughout life. An honert person follows rules regulation, maintain discipline, speak the truth, shows good behaviour and is punctual.

role in everyone life and is character which is visible with open eyes like an open book. In my life, honesty forwards my ruspected teachers and professors prosperous life. My monesty toward my

teachers, parents and inmates have helped me to win over their trust and maintain a good image of mine. Therefore, for all luman problems, Honerty is the altimate solution.

(2) RESILIENCY & Revilience is the obility to recover forom and adapt to change on misfortune. In other words when things go bad, I find a way to keep moving forward. Life knocks me down and I get back up everytime. I don't put my self on the back for it, I do it because I have it.

I want more out of cife than an entended thospice stay. It twore's a way to get back up and get moving again, I'will find it because I don't skee any acceptable alternatives, No even if I should like to stop existing for an hour or the stay. I look at my options and great on to something.

(3) CLEANLINESS :- Cleanliners is both the assert abortract state of being clean and force from governs, direct, trash on waste and the habit of achieving and maintaining that state. · Importance -> "Cleanliness is next to goddiness"- Keeping this Ølogan in my mid and take it as a priliminary concept in my life. Cleanliness is very important as it prevents dangerous disease like dengue, typhoid etc. Cleanliness is very important for concentrate on study on any priogramme, Offilate etc. very carefully and we need to clean the outer environment for concentration in our mind.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

Stab: SOC-III (Value Education)

Name: SOUVIK BERA

Rall: 06

Reg. No.: AOI-1112-213-006-2020.

Obedient to My Parents:

The most impositant people in our lives are our parents. Only they can feel my happiness, my sorrows, pain and every ups and downs in my life. I believe that my parents are the greatest guides ever I have in my life. So, I execute their each and every words without any hesitation. When I got distoracted, can not take right path, my parents give me answers with great clarifications and patience. Watching my parents I smile and think how fool they are who paid say god is invisible. I love them and respect them as they are heavenly God to me. Certainly, I can feel that without them I can not, I could not prosper in my life.

Pursuit of Ant:

Singing, Painting, Travelling, Dancing, Photography, Cinematography etc. there andiotic values enhance a person's personality, expressions. Someone has rightly said, "God respects me when I work, but he loves me when I sing."

Singing and playing musical instruments like Harmanium, Tabla and Guitan give me inner peace. I believe that music, a song is not just for tune, it is a touch. In my life I strongly believe, where word fails, music speaks. I do these activities regularly to concentrate, to free up my mental stress. Music is the language of two universe. It helps me a lot controlling my emotions.

Respect for all Religions:

There is a proverb says,

"Religion is the opium of the people." Omnism is the recognition and respect for all neligions and their god. It is important to accept that all religions preach the goodness of truth and moral living, love and compassion. I observe their faiths, their respect to their Grod. Now a days people fight against other neligions from whose their thinking does not equals. Onthodox thought of various religions wrapped up a person's mind and mentality. They can not think freely above their religious Stream of thought. In my view religious thought should be shaded with mankind. Being kind to other I develop a lot of great priendship & learn about their traditions and cultures. This helps me to strengthen my core values such as helping the needy, being loyal and explosing myself.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

SUB - SOFT SKILL.

NAME: PANKAS PAL

REG NO: A01-1152-213-002-2020

ROLL NO!- 02

DEPT : MATHEMATICS ,

SEM - I

DATE - 11/12/2021.

Obedientato my farents:

The most important people in our livers are our parents. The I believe that my parents are the greatest guides I have in my life. So I carry out their words without any hesitation from my childhood days. Sometimes I cannot understand their feelings, their reasonings. But they have more patience than me and they carefully communicate with me and. I never take decisions without listening them or without their permissions. I love my parents as and nespect them as they are heavenly fined to me. How clarification for any of my problems. And they have solutions against all my difficulties. I certainly feel that without them I cannot, I couldnot cherish my life.

cleanliness:

It can be construed that if your wind as well as your body is clean, you become equivalent to God. It means a clean soul can only neside in a clean body. It is my responsibility to get myself I my suppoundings cleaned. It This gives me self confindence and contentment for what we get from nature. I always toy to maintain a neat and clean and peaceful healthy living. I think to this habit of keeping clean externally and internally helps me to improve my health I personality

Ant: Singing, Painting, Reading stony books, travelling, Photography, Dancing etc, these antistic values to enhance or man's person's personality, expressions, I like singing songs and playing musical instruments like Harmonium, Table and Gilitar. In my lieswe time I do these activities to free up mind from mental storess. Singing helps we a lot to control my emotions.

Respect For all religions:

Onunion is the recognition and respect for all religions and their god. Not everyone has religious on spiritual values. But it is important to accept that all religious preach the goodness of touth & moral living, love and compassion. I also believe in being a good listener. I tolen observe their faiths, their prespects to their Good. Being kind to people of other faiths I develop a lot of great friends thips and learn at lot about their traditions and cultures. This thelps me to strengthen my core values such as helping the needy, leading an ethical life and being loyal to the faith and exploring my self.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

Sub: SOC-II (Value Education)

Name: BIKRAM DHOLEY

Rou: 25

Reg. No: AOL-1152-213-023-2020.

One perfect goal is that attain the definite peace, satisfaction and the never changing values I contain forever and ever, that touly shapes my life.

success is Subjective:

In my life one of the greatest value is learning that success to supposed to be subjective. One of the greatest causes of self-loathing and lack of fulfillment its chasing the wrong definition of success. Most of the views say that success is typically financially focused. Therefore we easily fall victim to comparison, thinking that someone else is more successful than we are, simply they are outperforming us on this standard scale. While money may be a determinant of success, some people as well as I see time, freedom and other metric as success.

Taking Responsibilities:

In my view, if you want to live a life of happiness and success, you have to leaven to take stesponsibility. It is the key that unlocks my personal power. By choosing to have a victim in mindset, a person is essentially admits that they are powerless to control the circumstances of their life. On the other hand I enjoy my life with more happiness when I succeed in my responsibilities.

Thinking of, There is no such Thing as

Failure:

A big separator between highly successful people and unsuccessful ones is that people who achieve at higher levels tend to be better at reforaming failure.

For most people, failure is a negative thing. But for thigh me failure is reframed to be a positive learning experience of what not to do.

I always try to reframe failure. And for that I can lead my levels of happiness and success.

Values which shape me.

Values one the things that we believe one important in the vary he live and work. In my student life there one so many types of values which have shaped me that what I am today and will continue to shape me towards the good of my life. From there the most 3 values I highlighted, that's one-

- 1 Handwork
- (2) Obedient
- 3 concentration
- O Hand work determine the value of my life. Diligence is the main weapon of human life on the strong of which I can overcome even the severe enisis. I can get rid on even problem of my life

by working the hord and the other things that is very much helpful in, my study skills is self study. Reads books, make a short note also helpful in my exam days. Well known proverb — "No pain, No gain". I can change my desting through this bead hord work. This hordworking are charecler but, honest and self supporting.

Dobedience: Objedience is very much helpful and essential at every stage in my life and to build my character. I think a boy on a girl who does not obey their parents is never good. Obedience to my parents, my teachers and others is absolutely necessary for my formation of character, it is the solid foundation of future happiness.

I shines well in school, scores good results at examination and get a chance-to enhance and roich my chanceter from a mission in stituention of also preaised by one and all.

All my relatives friends, teachers feel proud of me.

3 concentrations

of education is concentration of mind, not the collecting of facts. My strength and force of the blow come through concentration, while studying the more of concentration, the more power is brought to bear on the more point—that is the scree Take up one idea, make that one idea of my life, think of it, dream of it, live on that idea, This is the way, great spiritus giants are produced. Clear thinking and intellectual understanding are helped me for growing a concentrated mind.

Three values that are shapes my life such as moral, spiritual and social values. Horal value - Horals are a person's pricies of risht-or wrong in behavior. Moral integrity is when we do what is right simply because we known it is the right thing to do. It means living a life of charecter. In today's society, moral values, rules, norms and sanctions offered to sanctions affect the decisions made by Individuals. The decision I have made in my personal and profession life have been influenced by my moral values and have helped define the person I have become today. From the day 9 born, my interactions with family and friends contribute to defining my principles, morals and ethical values I abide by in own my daily lives. Throughout my childhood, my friends, family instilled many important value; love, respect, trust, achievement, education, honesty and commitment of all these values. I believe the two most important values they taught me were the value of education, and to love and respect others.

spiritual value + sprituality is the broad concept of belief in something beyond the self. It may involve religious traditions centering on the believe in a higher power, but it can also involve a holistic belief in an individual connection to others and to the world as a whole. It suggests that there is something greater that connects all beings to each other and to the universe itself. It also proposes that there is ongoing existence after death and strives to answer questions about the meaning of life, how people are connected to each other, truths about the universe, and other mysteries of human existence.

sprituality and religious activity have been a source of comfort and relief from stress for multitudes of people. While people use many diff. religious and paths to find God or to express their spirituality and use research has shown that those who are more religious or spiritual and use their spirituality to cope with challenges in life experience many benefits to their health and well-being. social value: In society well all have to live together, society is judged through its constituting living nabitants. so, good society radiates some basic principles which are practiced and preached by every body. Hoveover all these principles are based upon the idea that we are interrelated living beings. Empathy - Empathy is defined as understanding and sharing the feelings of another. Respect + Mutual respect is needed for all of us. This is what make us human. Love + Having Love in owt heats keeps us from feeling the need to harm other. Loyalty - Loyalty is a value that binds us to a poison, thing on sentiment. With loyality, we do not betray. is accepting yow self. With honesty, you we can admit your own flaws and take the necessary steps to improve myself.

Name - Sumit De Roll no. - 733 Reg. no. - A01-1112-117-025-2020 Dept. - Computer Schence (CMSA) Sem. - 3rd Sem.

Sub. - Value Education

Topic-Write on three values which have spaped you what you are today and will confinue to shape you bowards the goal of your life.

Values which shaped me:
My personal values are those I take for myself and which constitute a critical part of my life and which constitute a critical part of my life and are apparent in attitudes, actions and beliefs. These values are the reason why we stands for and makes us what we are today. There might be many values that evolves me to the person I Jam, but if I have to priorite prioritize them then I say - 1) Punctuality,

2) Dignity of Labour and 3) Simplicity are the three reasons behind the person, I, am today. And these values will continue to shape me in the future towards the goal of my life.

People who are more punctual are better at managing their work and daily life as they finish the task on time and never give excures for a delay. As a individual we should cultivate the habit of being punctual. Not only it helps in keeping body fit but also make our life more organized and stress tree. A person who is punctual will also always know how to respect their time and others as well. It pushes me achieve success at faster rates than others.

2) Dignity of labour:

The dignity of labour is the philosophy that all types of jobs are respected equally and no occupation is considered superior and more of the jobs should be discriminated on any basis. Regardless of sheather one's occupation is involves physical work or mental abour it is held that the job deserves respect.

Simplicity is living a life that is less hectic and shallow. When we under stand simplicity, we begin to have an appreciation for thing we may not have not noticed in the past. The little things in life become the big things because they create some of the biggest joys. and we have to treassure those moments. Leading a simple life also helps me to control myself, not to buy any unnecessary things and helps me to save money for the Juture.

Name: - Akshay Sonafati Mathematics, Pbe SEM .: II Roll no : 35 Popen code: - Soft shill-3

Values That's shape me

* Cleanliness:

- · It helps on to nemain clean both in body and soul.
- · One should definitely clean one's sunnounding and. dother to nemains disease free
- · A clean envionment also helps one to think possitively and gives mental satisfraction
- . Keeping my moon clean and my books arranged help me to find any necessary items quickly

* Self study :-

- . Self study helps one to preferre and understand. the concept proponly related to ones course of
- . It makes a fansone mone confident and increase
- . I different essence of satisfaction is fold by one alon one is able to understand concept of studies by self studies . It helps me to prepare my gleabus and to.
- maintain pres with class of teaching.

* Respect for all neligions :-

out neligion and thin god. Hot everyone has neshington on epinitual values. But it is impenform to accept all negions prach the good new of truth and monal living, loves and compassion, I also belive in being a good lie nen. I obsenve their. faiths, thin nespect to thin god. Being kind of people of other faiths & develop a lot of great. friendships and learn a lot about thin traditions and cultures. This helps me to strong hen. my come values. such as helping: the needy, leading an ethical life, being loyal to faith and exploring my self

Three values that shaped me and will continue to shape me towards my goal

An object that satisfies human desire is said to have values but intrinsic value is that one which sortisfies a person's personality or Contributes to his sey realization. It must go beyond Organic method of satisfaction of desire to & each the concept of what is intimosically valuable.

Though there are many instrumental Values that shaped me rather my personality but here I would like to mention three most effective from them that changed my personally and Spintually-

@ Service to poor

Helping poor people finantially and by other means gives a pleasure and self satisfaction and gives me an another point of view to this society. In this way it contributes to my possonality development.

work in group.

working in group leads me to be agood human being by developing the skill of Social communication partnership and so son. Thus this value adds another point towards my pousonality.

Moral development

The moral values like honesty, nonviolence Simplicity, self control, cleanliners notonly improves my personality but also enriches to control my mind properly.

Topic: values which shape me

The second was all the part of a contract.

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E. BUTT AND THE CONTRACTORS

Name: Probin Kuman Banui

Roll: 432

Depenment: Botany

and the second second second

Values which shape me

Three important values in my life are

- 1) Courage
- 2) Patience
- 3) self-Respect

1) Courage:

needs to be done - not in the absence of fear but in spite of it. Your might feel disinclined to offer a genuine apology out of fear that the other will nedectit, but courage will help you apologize anyway, because it's the night thing to do, out of nespect for the one I hunt on offerd Whether they accept my apology on not is Their business.

Courage requires a step outside of my Comfort Zone. If I have no fear, I haven't need courage, but when something grown I know I have to do makes my feel sick inside, courage is what makes me do that thing anyway.

when someone & someone is pushing my buttons, Katel taking my time on attention away from something I want to finish on making my life had handen in some way, & practice patience by putting mystelf in the others shoes, trying to see the situation from their penspective and nesponding with Kindness and nespect.

No one wants to be treated like my priorities have to change to make moom for something mone important on mone likely to have help my grow.

3) self-Rospect:

1 know The value of self-nespect because & I have seen the consequences for Those who have none and I have seen how easy It is to deprionitize impself when so many other priorites knowd your plate.

. I have to keep earning to keep so go I can pay The billes. I have to help the youngest with school wonr.

by food, etc.

each of those "I have to " statements in The dreaded"... and the

to take came of everything and everyone

daily self-care as an affirmation of to be cared for as much as anyone else.

NAME - SOURAV CHOSH

COURSE - M.Sc. MATHEMATICS

SEMESTER - III

Reg. NO - A01 - 1152 - 213 - 009 - 2020

Values define our actions and decisions — the themes around which we want to design our life based on the type of person we aspire to be. They acts like an alarm to inform our priorities in the Consideration to our decisions over challenges.

Everybody wants to design his/her own character, and it is not an exception forme. But the question "How to make a better life?" distrubume a lot as down was unable to find any satisfactory answer. Is it money? Is it fame? Is it all about recognition?—
behind all of these one thing is clear one needs to know his! her values and, when practiced consistently, one can build the character they want to have. This motivates me to practice consistently.

Among all of these, I write down 3 of the most practice values of myself that improve myself and I will continue to practice to shape me towards the goal of my life.

Learning:

[&]quot;Education is the manifestation of the perfection arready in man" - Swami Vivekananda

As an average student As an average student, A look for ways to learn importantly that helps me to improve.

I am a failure, A often feel demotivated but A am a big fan of learing and g always keep my door open so that anybody get a Chance to teach me. Continuous learning improves me a lot, and will continue to improve myself. I always believe the principle - " The more & learn, the more & realize how little & know and how much more there is to learn, which excites me "

2. Giratitude: Crratitude is a positive emotion felt aftern being the beneficiary of some sont of gift. A amongs dry to express my gratitude in my thoughts, in the words & speak or white, and in my attitude and actions, gratitude helps me refocus on what I have instead of what slack. and help me to grow my mental State stronger. So A want to use gratitude & practicing procetice it like a daily habit to improve myself and of believe it will help to find the Stability of my mental State and boost my confidence to achieve my goals.

3. Forgiveness:

"Forgiveness is about letting go of anger and resentment towards those who have hunt or offended you"

Using tongiveness . A take back my power and choose happiness and peace of som for myself, even if the one who hunt me has neven Shown the slightest hint of remonse. A leann to be more forgiving by forgiving more. A always appriliate peoples, to who work hand to improve themselves and A tongive them with appritiation. If the would is free of converty, the forgiveness is everywhere, life will be full of joy, tree of angen. A want to make forgiveness a part of my daily nobit and # 4 hope it will play a crucial role in nest of my life.

Three values that shaped me and will continue to shape me towards my ambition in my life:

Value is commonly regarded as an economic conception. On in other words, the things that satisfies human desire is said to have value. It is generally recognized that there is relation between the satisfaction of desire of the preservation and furtherance of life. But such a conception is inadequal in complex human civilization. It is intrinsic value that satisfies a person's personality of contributes to his self realization. It must go beyond arganic method of satisfaction or desire.

There are many moral of instrumental values that helped me to develop but, here, I would like to mention three important values that changed my personality. And, I hope it will continue to help.

(1) Moral development:

Moral values like honesty, non-violence. eimplieity, self control, cleanliness do not only improve my personality but also enrich my spiritual aspects. These traits help me to overcome difficulties mentally of physically.

(2) Social responsibility.

We have always read -that, Human being is a social animal. From their point of view, I personally think that I have some responsibility for the society I to those people around me. It does not mean giving money to pour people only. Looking after the elder people who live with us, helping them in needs, teaching little children who can't afford the buxury of buying books and pens & conit go to school, providing foods & clothes to the poors also help me to interact with them more. The mare I interact with them, the mare I come to know about the reality of this society.

(3) Working in groups :-

Working in group can convert difficult tasks into simple ones. When we wark in groups, there are many ideas coming through our middles. And if we share the ideas, it not only helps to me to overcome difficulties but also enrich our midde. I thoughts. It helps me to develope my communication skill better. It also excites me because, when we work together, everyone wants to give their best and so, I feel excitement I enthusiastic.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE, RAHARA. Sub; - VALUE EDUCATION ASSIGNMENT Reg No:- A01-1112-213-029-2020 ROLINO:- 31 Dept: - Mathematics (MTM), PGi SEM-III Date: - 11/12/2021

Anfoduction.

Value mans to be worth, to be strong a Value ou those stampferds or codes which are conditioned by own culture's cont.

One perfect goal is that attain the definite peace, satisfaction and news carrying Values it contains forceur and ever that truly shapes my life. Values has reduced to be heap of

ashes.

BReading Spiritual- and Religious Books: Reading is an evential as learning, and a good book has the power to lift up own mind and bring a smile and beauty to mow face. In this present world mentue health' is a big issue for au, and in a student life we have to Kep own mind fresh and clean, and spiritual reading can be life - transforming in various ways and bruading good books is one of the best in westment One can make with time and money. Eurydry I try to read some spiritual and religion books like Shrimad Bhagavad Gita, Sri Sri Ramakrishona Kathamrifa, "Believe in Yourself by Swami Vive Kamanda etc. It improves my mental and phy sieal health and make me feel un provid. As a result my studies have also improved. Reading thex holy books bring a total change in my lifestyle and thinking process.

1 Obedience to my powerts 2/2

The most imporpent people in our lives are our powent. The main benefit of obedience to powents is attached to the fact that it will attract God's blessing to any child who to lows what their parents for Obediance to parents means that I am also loyal to Good since Good is my father in heaven. I believe that my parents are the greatest quide for one. I love my parents and suspect them as they we heavenly God to me. I always take vital dicistions of my life by listening to my parent. I never take decisions without their permissions. My powerts with always help me it I need them only when I am loyal to them. This helps me to deal with bud cumb whenever & enjourience difficulties, problems in my life. It also helps me to gain happiness and live a better life.

Daily Meditation and Enuncial

Me ditation and Enview are most essential for proper health and fitners. Moreous, it is essential for every spokers at lite. Especially today is youth need to exercise more than ewir. Eway morning, after to exercise more than ewir. Eway morning, after waking up. I do 10-15 mins of meditation, then waking up. I do 10-15 mins of meditation, I go to gym to after charing my beds and rooms, I go to gym to.

After charing my beds and rooms, I go to gym to.

Daily meditation helps me perform better at work.

Daily meditation and exercise help to char my mind and

focus on the prexime moment. It is important to be healthy, because, it someone is not healthy, then he she comnot lead a happy life. It helps one fo increase my concentration level and improve my body which will will entire lower the danger of disease.

Name : Rupam Ghosh

Registration No: A01-1152-113-2020

Somester : III (Mid)

Paper Code : SEC

College Roll No.: 360

Topic : Values Which Shape Me.

VALUES WHICH SHAPE ME

CLEANLINESS: Cleanliness is the practice of being clean our being kept clean cleanliness is one of the most important value because cleanliness helps to keep both physical and metal health healthy. Clean environment helps to calm our mind down, if helps to maintain a proper hygiene and it also increase the authetic value of environment as well. If we can monet keep it ophysically and mentally fit then we could not able to do anything. Cleanliness is also helps to keep the environment clean which is very much recessary for staying healthy. So I also any to keep my room clean and also try to keep my cutside clean. That give us more energy and more concentration. So, I think cleanliness in one type of value that completes my successful life.

HONESTY: — I think honesty is the most important value of human life. The idea of staying true to eneself can often feel intimidating and impossible. Many think a bussiness man to be successful must be some what dishonest. Nothing could be more wrong than this idea. A fond on a carnegie has always made honesty buthis prime Capital for investment to make fortune and advised other desirous of success to do so. I do not study anything deeply and take some bad examples and misrouad the cause and effect-sequence and arrive at the arroneous judgement that honesty has to be sacrificed for the sake of money and enjoyment. It may be difficult at times to remain honest but if you take the risk of shunning honesty suffer you must in the long roun.

DCARING: Often seen as displaying kindness and concern for others, the truce importance of this value tomes from the work or practice of looking after those, whable to care for themselves. Carring for others both physically and

Spiritually is a vist vitally important value to have, people will always rely on someone else for help at one point on another, but we often fail to realize how much of a difference carring fore another person can make I personally have felt a strunge hoppiness whonever I have taken care of someone.

NAME: TIRTHARAJ GHOSH ROLL NO.: 23 REGISTRATION NO.: ADI-1112-215-029-2020. SUBJECT: M. Gc. ZOOLOGY, SEMESTER-111 PAPER: 50C.

As long as we live, we learn"— This will become familful if learning ventains some values & inspires no to learn more. We are the makers of our own lives. XO, once the goal of life & means of achieving, is decided, the journey begins of riving above our limitations. As the spulier of our vocuntry depends on us, so we should learn to acquire values that will enable to accomplish the good & remove the evil for the betterment of ourselves as well as nations. As we should focus on our self improvements.

Man in only a body-mind vamplex at hundle of desires but a ferron, a self. Do whatever ideals or values that seerifices vadiofies his personality or wontributes to self-realization is ultimately valuable to him/her for the Julfillment of knowledge in self-realization that leads to self improvement.

Nature are ideals that quide or qualify our bersonal conduct, interaction with others & improvement in our wareer. Aike morals, They helpows to distinguish between what is right from what is wrong. Moreover, they inform us how to wondered our life in a meaningful way.

We allow my life to determinely & solve the problems of life, I have to moul my bersonality with recurage & perseverance so that I rean lead a righteous of all-round life. Throughout this process, I need to acquire — self rentrol, functionality & dependability.

Tom goals. Rother than reaporating to immediate impulses inorder to achieve longform goals. Rother than reaporating to immediate impulses, we wan plan,
rethink a evaluate our action foreperty.

Self removed is required to keep my emotions under wontrol at all times.
I must make decisions board on reason a not out of fearor emotions.
I must make decisions board on reason and judgement, wommon sensed
hack of very-nontrol will compromise my judgement, wommon sensed
wonfidence.

Self control is a reagnitive fraces that is recessary for regulating my,
behaviour inorder to achieve vaporitie goals.

Delf control aids me in increasing decision making vapacity.

All control aids me in increasing decision making vapacity.

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required task or fulfill an obligation before or at a previously designated time. Punoliality displays a berson's respect for people & time. In a vocheduled appoinment, the late reomer usually gives an impression that he the doesn't value the time of other people & vormaiders his ther time more important than that of the others.

Punolication in Punctuality is more important to at work place. because it is here that we get faid for the hours we put in & the employees are expected to be functial & dependable inorder to we to the semployees are expected to be further at dependable inorder to meet the needs. When employees are absent or late at work, I derview warring all into Nork, Lesevice vervice gets interrupted & an additional burden is placed on others. Punctuality is one of the important factors in evaluating individual ferformance. -performance. He cam & maintain respect we vahould be punctual. 1) Respect: Punctuality speaks of a ferson's respect forothers. In giving respect
15 others, one can earn respect in turn. ii) Deadlines: An employee who isn't stessed about reaching late on has Some early enough to give him minutes to settle in before the day's work begins, has got better whances to get more accomplished than a late Womer Who fuls more pressurized. iii) (Kofessionalism: As purchality is a sign of professionalism, it will helf me to vatandout as a reliable & trustworthy employee. Being punctual will help me to establish my reputation as a dependable & vansisatent worker. Being on time ensures that I am doing my best 15 Keep things hunning smoothly in my forsonal as well as forfessional Dependability: Dependability is defined as the quality of being able to be never vocanted or relied on. When a person always does overything, he says & mener make fromises that wannot be kept is an example of dependability. Do, to sum up defendability means he liable, steady & trust worthy. When a ferson develops dependability, his ther whoracter uplifts & more people frust him ther as well as respect him ther. & he she wan lead the social life in meaningful ways. In the way to acquire dependability, I have to be careful in assuming proposal bilities & make every bessible steps to keep my fromises. I have to space whallenges & overcome it to those to keep my fromises. Hence, I will be recovered by dependable & trustworthy to others & bloom my personality as a remarkable one. Dependability will make my frequent life smooth & my future a bright & socured one.

In past, showing dependability & consistency at my studies increased my foods that will lead me to job security, increment in job level in future & team work fotentiality or well. I wan your trust & respect from people & that will increase my value to others & thereby can lead a persource ful life in a night way & wan inspire many.

In society, we have to live together. Individual good a happiness depend upon the good & happiness of the others. So, we should be folile, upright, kind & gentle in our kehaviour. What I am to day is the effect of the Own total of all the values & impressions of my fast, to each man's wharacter & personality is the own total of these values & impressions. Hence, good values, impressions & good thoughts & doing good to others bring about an enlightened personality. Thus, it is acid — Great creasions about an enlightened personality. Thus, it is acid — Great creasions accasions house even the lowest of human beings to some kind of greatness, but he alone is the really great man whose wharacter is great, always the same where we he to its will be.

Reg No! Adl-W2-212-035-2020

Rd1 No: 42

(M.Sc Chemistry) Sem: 3

Subject! SOL

"Values" are the collection of zending principles what one dreams to be correct and desinable in a body-mind complex, man is a person, or self,

a soul, a complete being.

a complete me, are 1) Aesthetic, @ Maral. @ 3pairi Jual.

- DAesthetic: what court be said in thousand words can be expressed by drawing a line. I'm porsonally a painter. The things, emotions what I cam't express by using mere words, I express them through my pointings and it give me immerse joy. It really gives me peace.
- 2) Moral! I have believed in honesty since my childhood, but sometime I have to lie despete my reductance. But I am fully determine, I will never lie, because I am not weak in mind. Cleaniness 18 next to godliness. After realizing this I try to clean my severoundings as I felt like this is my place of worship. Hopefully these principle will help me to be a better porson in the future.

(2)

3 Spritual! To me & prituality means respect to all and devotion to the creator of us. When I'm in trouble for some reasons. I proug to bud because I believe that Good will definitely help me to overcome any difficulties in my life. bud it not a told to me, bead is the energy that is channeled through us given by the cosmol. As a result I get an unknown energy from my heart and mind, it helps me to become powerful.

. . .

Name - Sambhu Sharoma.

Rig no. - A01-1112-213-031-2020.

today and will continue to shape me towards the aim ob my life are Stated below.

- in I have picked up my values through my life by modelling and learning from my papents, teachers, friends, and the people I admine. They have taught me homesty, integrity and to be theat others well and lastly apartiable. only sticking to my morals, ethical primeials and values, I can achive. my parents plays a huge role in children's life to differentiate bitween good and bold values. parents are the one who sacrifices the most to give good values to their child, even my parents have made a lot of sacrifices to make me what I am today. I have promised to stick to their teaching and morals for my entire life.
- (ii) My thic is not to compromise with anything wrong and dishonest means confortunitely, now days corruption spreads among people like pandemic which we face it in every step in life. A bunch of people in power along with many influential people are consupt and they achive whatever they want in night or wrong way that loes not matter. Because they only want to satisfy

their inner tevil. and to get something without any hand work. So my war is against correspond and not to bend my selt in any wrong mean.

(iii) In modern times the social value, good spoots man somit in people gradually decreasing people only understand their luxury, happiness and gain, in this way they are giving pain to others. It does not mitten to them. There is always a competion in every step in life, recople only want to win in whatever way good on bad.

This situation is very bad. we can learn to love those things that we devalue in ourselves and thus

to love ourselvs more fully. I like that.

R. K. M. V. C

Reg no.: A01-1112-212-028-2020

"Values" are the person's on society's belief about

On other words "values" are the collection of quicking preinciples, what one deeps to be connect and desirable in life, especially regarding personal conduct.

a complete man.

- SPIRITUAL
 - MORAL
 - → SOCIAL

SPIRITUAL

"Spirituality" to me was nothing but worship. Now, I feel it means respect to all, it means unsulfishness, it means truth. To becoming spiritual become first fearless.

Today I believes in swami Vivexananda's

an atheist, he who does not believe in God is not is an atheist.??

from my hearst and mind. It helps me

MORAL I have believed in honestry since my childhood. Semetimes I have to lie dispite my reductance. But now I am fully dietermined, I i will never lie, because now I am footby not weak in mind, to employ self study to be strong in body and mind, muscles and intellect, nerver and emotions through regular physical and mental exercise.

The clean place is the place of God.

Alter this realization I must clean my bed after waxing up. As I nead I gett like this was my place of worship.

Hopefully these preinciple will help me to be a better person in the future.

SOCIAL

Monal is a socialised being. Society is judged through its constituting

swami Vivekaranda says ____

brother. The soil of my country is taplan of my childhood, Varanasi of old-age?

not to do any to have to may society by any of my work.

Name: Tanmoy Bhattacharjee Department Of Botany Roll No. 437; Semester: 3rd Reg. No. A01-1112-114-028-2020 Subject Code: SEC-I

Assignment Name: Values Which Shape me. R.K.M.V.C.C

What is Values?

Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a human want or desire.

E.g shelter is good because it saves us from inclement weather and wild animals etc...

I've selected 3 values which have shaped me today and will continue to shape me towards my goal in life.....those are :-----

- 1) Self study
- 2) Devotion to God
 - 3) Honesty

1. SELF STUDY

What is self study?

➤ Self study is defined as something studied by myself without any kind of help or supervision by a teacher or a trainer through the person studying may take help of some external sources like books, tutorials & encyclopedia etc.

Benefits to Shape me:-

- I. It is a very important for me to have a clear vision and understanding of everything.
- II. It helps me to broaden my thinking level.
- III. It has more funny and enjoyable than regular teaching.
- IV. I can get for self study freedom of learning without any restriction.
- V. By it, I can make my own study material.

How it's shape me in future:-

By the self study I have gotten an opportunity to the enthusiastic people to go as deeply into my subject and interact to the people actually what I like to do.

I hope it will may increase a deeply conception and out of knowledge of my study and progress day by day in future life.

2. Devotion to God

What is Devotion to God?

Devotion are a great way to get closer to God. A devotion is a quiet time that I spend praying, reading God's word and it is reflecting on my relationship with him. I may also choose to sing devotional songs, meditation of God's name etc.

Benefits to Shape me:-

- I. It reminds me of my priorities in going life.
- II. It reminds me of my calling to love God and love others.
- III. It reminds me of what to focus on the rest of my day after finishing the essential works.
- IV. It helps me how to keep our mind be calm and quite by prayer to God, chanting shanti mantras etc.
- V. It also help me to know about spirituality of Hinduism and Indian culture.

How it's shape me in future:-

I think God sees me, he hears me and he answer of my prayers. This life can be hard, but through trails, the Lord makes us stronger.

I think their grace is one and only expense of path to go path in my life and I hope I can able to know about "Paramatmayan" by leading a holy spiritual life in future.

Finally, I am bowing to the Earth at the feet of Sri Sri Thakur Vagawan Sri Ramakrishna, Holy mother Sri Sri Maa Sarada Devi and Sri Sri Swami Vivekanandaji Maharaj.

3. Honesty

What is Honesty?

Honesty is one of the most basic core value. It is an ethical value also. Honesty is built by what we say and by what we do. It impacts our entire life; our jobs, our relationships, our own feelings about ourselves and the actions we perform. It can move us forward and allow us to feel good about what we do.

❖ Benefits to Shape me:-

- I. Being an honest person, I can always trust under any circumstance.
- II. Honesty keeps me out of trouble and any difficult situation.
- III. Honesty gives me a positive opinion on life and others.
- IV. It plays a great role in my study along with any other essentialities.
- V. It gives me the strength to face the world in difficult times as "Honesty is best policy".

❖ How it's shape me in future:-

➤ For the attachment of value honesty in my character, in all my relationships it will give me trust to all. Being an honest, I will can do faith with me. I hope, it will increase my self-respect with myself to forming an ideal good character of my live.

Whees which have shaped me and will continue to shape me towards the goal of my life

A man is a construct of his values. Values are a man's lens to vice the world as well as himself. Values give one strength to navigate through turbulance of society and also provides the basis of their personality. Thus, having practical and good values makes a person more aware of his situation, surroundings, and helps them to form connection with other people. Teacher figures' in own life teach us most of own values - they may not necessarily be our teacher but someone who we nespect for their knowledge, they can be our parents, friends, anyone who we look upto. Teachings by them shape us and our values. These are three of such values that I have learned. These are the teachings that shape one as a person -

1. Sincerity

Sincerity is the honesty of mind and body and freedom from hypocrisy. This is a value very close to my heart and I try my absolute best to follow it. This is a value that can be applied to multiple things in life. Relationships built upon sincerity are strong and can overcome almost any obstacles.

The value of sincerity also has preactical value for me. As a student of science, I know very clearly the disastrous consequences of insincere screntific reporting of data. I hope, sincere approach of my life aids in my personal and professional growth.

2. trugalify Preacticality of freegality cannot be understated. A frugal person is someone who is aware of his condition. He is able to live with his means. From very young age I was taught to be very mindful of my spending because money is a finite resource. So one newstlearn to spend their money carefuly. Unnecessary spending is a downward spired which only brings disaster in life. Frugality becomes more necessary in today's reality where consumerism is encouraged. To navigate this, the value of frugality is vory helpful to me and it will continue to help me to achieve my goals well into the future.

3. Scruting

Theoly is important for my personal growth as an individual. Without societing, often time I have become levient and caused a blunder. 'A porson should be the most critical of himself forst - 9 hold this teaching in high regard, and often try to be better myself in every aspect of my life. Intellectual screeting, in my opinion, one of most essential tool for personal and as well as my professional growth. Scruting gives me scope to impriore my work and keeps me grounded.

These are the values which have helped me to grow as a person and will continue to help me well into the future.

RAMPHRISHNA MISSION VIVERANANDA CENTENARY COLLEGE RAHARA, KOLKATA-700-118

MAME: - SAMRIK ROY

Rou No :- 12

Reg No: - 701-1112-215-012-2020 of 2020-21

Semester: 3

Department: - Post Graduale Department of Zuology Papen code :- 50c-11

Topic: > Yalues which shaped me what I am today and will continue to shape me towards the goal of my

Stand up, be bold, be strong. Take the whole responsibility on your own shoulders, & Know that you are the creator of your own destiny."

- swami Vivekananda

Value is commonly neganded as an economic conception. An object is said to have vaines, if it satisfies a human want on desire Au things that satisfy human desines are good on have value. In other words, Values are some good quality and practices which gives a positive direction to the students on human to shape their future and even helps them to know the pumpose of their life and also helps to become more and more responsible and sensible.

There are some values (absolute and intrinsic), those named me and make my life cabalistic beyond all differences due to time and Place: Among them the most important 3 values are: - 1 Trouth and Honesty 1 Self study 3 Work in group.

OTmuth and Honesty: >

Both the words are Complementary to each other . Honesty is the Simplest thing and it develops a practice of speaking throughout the life. It must be said that honesty implies being trouthful Honesty improves relationship between people. This is one of the important value that shaped me. In my first class of Ramkvishna Vivekananda Mission, Barutackporce, our headmaster told us that it is the most important thing for our student life to be a honest person. Ite told us that a penson who practice honesty in his life possess strong monal character. Honesty helps me in developing good attributes

like kindness, discipline, truthful ness, monal integrity and more. Itonesty memoves fear from my heart and provide me Courage and self-Considence. Now in our very consuption days this is neally need for us. Though it is a very responsible value that shaped me and I always try to mainthis policy in my life.

1 Self-study :-

If is a learning method where students direct their own studying outside the classroom and without direct supervision. It is the value that makes me an independent student. Since childrood, due to my Parents busy shedule in their job, a I have not any private tutors who could help me for study at that particular time. Using self study, I am able to go beyound simple learning what my class text book and teacher teach me. By practicing Self study, Tear increase my knowledge about various topics. The most advantageous result which I have got throughout self-study is I can take over my own learning. This value helped me a lot to shape. What I am today and it always boosts my self-esteem encourage my Curiosity and make me in shape.

@ Work in group: >

We have our Society and there we live together on we can say that we live in a group. These groups have to protound impact in our thought, teelings and actions. There is a Very common phrase thity is strength. It is not that teaches by Someone, it is the case of realization and development of our mentality. In my complete school life I learned about unity. In school life, we all students are working together. In school, I am a captain of a team of one quit competition, and our compatibility as a group is too high and we won their competition. I also when we wonk in a group there is lots of scope to increase our knowledges by mutual discussions. So, it is another important Values in my like that shaped me.

These are the most important 3 values of my value life which shaped me and due to quactice, it will continue to help shape me towards the goal of my life.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

Reg No: A01-112-213-012-2020 12820-21

College Roll No: 14

Dept Name : Mathematics

Course : M.Sc

Semester : 11

sub: Value Education Assignment

Date : 11-12-21

Introduction

Values reform a personand shape a man's character. Many values shape my character. Now, I will say about thoree values

1. storingth

strength is life. Strength is a state of mind of a person which comes from some failure and bad experiences.

peroblem many times I failed, but I did not stop. I toiled many times and succeed. This things teach me to be patience, strength is moone importent. Because strength teach me push me to try ofter tailure and helps me to endm in bad situation. In this way 'strength' thelps me to get a beautiful shape of life.

2. self study:

Not only mathematics student, I think every man should do self study every day. As a mathematics student. I like self study. Through self study I teach many things and get self confidence as a gresult. In particular teaches me now to question. This is a very good sign of a scientific mind. In this way self-self study shopes me.

3. Concentration:

then one thing is a big factor which decides that ofter some times I will succeed arnot. As an enample, let, today I decide to seed a new chapter of mathematics in 2 hours. Now I start to read this chapter. Then after 2 hours, result will come that I succeed or not. In this phenomena the big thing is concentration. Concentration will helps us to succeed. So the man who like self study then the man should in study.

shape my life. And I will continue with these values. My aim is to be an independent independent researcher. Thank you.

VALUES WHICH SHAPE ME



It is being said that from the time the humans start to understand they start to learn various thing like how to write, read and speak, how to behave and many more. This learning process goes on till the last breath in life. In a person life the success he/she achieve is based on their personality and knowledge. Out of the two personality is hard to develop. To have a good personality we need to absorb the values and ideology of our elders, teacher, ancient text like Bhagavad Gita, Bible and implement those in our life. Knowledge is something which provides us with path towards success but values and manners are the light source showing us which path to take, when to take and where to stop. We can't be perfectionist but what we can do, is to try achieving it. In my 18 years of life I had tried to absorb as many values I can but implementing them to my life has always been tough for me. There are though 3 values which shaped my life.

Honesty: - Something which is taught to all but implemented by many. I have always been honest to my work and duty which are my study, always standing for the truth, not to take credits of other work. Maybe be because of this value at some points I am left behind my peers but it doesn't affect me

Care for nature: -From childhood it was taught to me that nature is our mother. In Hindu inscription we address nature as मां प्रकृति. I try to takecare of her by planting trees, throwing garbage in dustbin, reusing resources, turning off water tap wherever it is open awaking younger generation of the environmental issue. It has brought me closer towards nature.

Respect for culture:-The 21st century is the era of advancement and technology where we are loosing our traditional roots.But I try to keep as much contact possible with them .The culture and tradition reminds us of our glorious past and teach us sustainable way of living .I being a hindu brahman do daily prayers and chanting everyday for 10 mins .I perform fasting on festival days like durga astami and on mondays. These fasting helps us to maintain a moderate body weight and healthy lifestyle.The daily prayer helps me to remain calm and peacefull at time of tension and incresses my concentration capacity.

Ramakrishna Mission Virekananta Centenary College

class Roll No. - 29

Registration No. - A01 - 1112 - 212 - 025 - 2020

Subject - Chemistry

Semester - PGI Sem-III

Topic - Skell oriented course

Theree values which have shaped me and will continue to shape me towards the goal of my life

Hecording to swami vivekananda's word, "Education is the manifestation of the perfection already present in man", but in usual meaning education becomes an artificial automated System by which We exchange and share some informations, less in the brain but more in the notebooks. I believe the concentional education system surely has a contribution to our modern society as well as this arise many bad habits which resist our younger generation to discover and manifest our own nature and own power which is already within us. At this time value education becomes a trend and enters our common education system with the capability to enlighten the dark sides of this, stere 'value' and 'education' simply not carried the usual meaning but Set a goal to educate us to manifest the perfection already within us.

There most intense values which have shaped me to where I am today and will direct me towards the right way in future and will help to achieve the good of my lefe are spirituality, morality and social behaviour.

Morality: morality is a very expensive things I'm so blessed that I able to earn some of it. Soi Ramakrishna Said "The goal of the Kali yuga is The truth". Truthfulness generates a inner confidence in me and I pray to god may I always stay on the way of truth. To be honest to myself and to others, self assessment and self control influenced me to a greater extent.

Social behaviour: There is a great impact of Social experiences on me, specially working in a group together. In School time I had worked in group of my friends, juniors and seriory for Conducting a Science exhibition. Moreover I love to work together with my friends for Study purpose and I learned a lot from all. These experiences will surely help me in future. Besides helping poor directly or indirectly without any expectation makes my soul peaceful and innovate empathy for others within me.

Registration No! - AUI-1112-212-020-2020 of 2020-2021

College Roll: - 24

Course: - M.Se

SEM: - III

Subject: - Value Education

Values that shaped me and and will continue to shape me towards my ambition

is said to have value but intrinsic value is that which satisfies a penson's pensonality on contributes to his self realization. It must go begond organic method of satisfaction of desire to reach the concept of what is intrinsically valuable.

instrumental values that shaped me many bersonality but here I would like to mention three most effective values that have changed my bersonality and spirituality and helped me to askive my goal.

1) Motivation and mental storingth:

For a every human being failure and success both come linto own lite! When failure come into own life we can't trees on own goal. In this time motivation and mental strength both are required to active own goal. I away try to motivate myself and improve my skills day by day when failure come into my life. For that reason motivation and mental strength are necessary to help to get sween in my life.

2) Work in group :-

human being by developing the skill on social communication, partnerspip teddership and so on. Thus this value adds

another star in any bondonality.

3) Service to boon:

Helping boon people by money and other things give me a self satisfination and gives me an another boint of view to this society. In this way it has build my personality quirious.

Value

Valued which shape me_

What is value:

Nature is a belief, a mission of a philosophy that
is meaningful. Whether we will consciously aways
of them on not, every individual hay a come let of
personal values. Values can bange from the
commonplace, such as the besief in hard work
and puctuality, to the more psychological, such
ey self-mediance, concern for others, and harmon
of purpose.

Personal value:

pengonal values are those standards that you get for yourself to live by. Since those values war for yourself to live by. Since those values war by individual, they are forsonal and can include many things. Religion, motion and this play a part in forloney values.

for what is rood, benefical important before then tiful, delitable, constructive etc. Value or problems for purvival by comportant form human for purvival by comportative marking of to luction of which provide answer to luction of why people do what they do and in what order they choose to do them.

Ethnee values which shape me , what I am today and with continue to shape me toward the good of my life]:-

- (i) Family. Family is the must valuable thing of my life. They teached me the ethics of my life throughout the child had ans even in my luthwishout. They teach me what is might and what is when so they helped me to become what i am today any even will him help to become what i am today any even will him help toward the goal of my life.
- (ii) Knowledge: To purifice and learn about new things things and ideay; to fearth for thuth, of information, the he known by others as an intervent person and to feel intervient. So. Knowledge is also then value of my life.
- (ii) Health (Physial mental): To fell energetic and tree or thy lical pain from injury, disease or intection: to feel & free from hurry and anaidy and of a emotional blocks to forces in all aspects of my life; to have peace of mind. So yell health is also a important value of my life.

Values of My Life

Respect: If you want to be known for treating all human (or living) beings with respect, you probably base that respect on something than someone's rank or social status. Otherwise, why would you consider it a priority to treat all humans with equal respect — regardless of their age, income, or background? Or why would you put more energy into making sure the least exalted among you is treated with respect than into making sure others treat you with the same consideration.

Trust:

Trust is a core value on this list because it requires many other difficult skills that also help to develop you as a person.

To be able to trust and be trusted, you need strong relationships, an ounce of risk, a healthy dose of vulnerability and a smidge of humility. All of this creates a recipe for a very positive life with trust at the centre.

Discipline:

Discipline will lead you to the life that you want, should you adopt it as a core value.

"Discipline Equals Freedom" is a term popularized by ex-Navy Seal Jocko Willink, and what it means is that if you can be disciplined in the right things, you will be free in the right things too. Discipline to workout means more freedom in your body as you age. Discipline to save means more freedom with your time and money in the long-term. And so it goes.

SOFT SKILL ASSIGNMENT.

Name - Snehasish Chatter Jee.

Ry no. - A01-1112-213-026-2020

VALUES WHICH SHAPE ME

values are the positive teachings provided to help us and trend the right path in life. values are the basis of human personality and are a very powerful but eilent boxec affecting human behaviour. But in this modern world, people's sense of of values are on decay. In the absence of the values have made people no move than an animal evandering around chieless about which way to go and how to handle their life. As a result, people are going in wrong way to fullfill their thirst for immediate gain, fame and luxury.

and will continue to shape me towards the aim of my life are attack below —

- I I have picked up my value through my life by modelling and harring from my parents, teachers, briends and the people I admine. They have taught me honorty, integnity and to be considerate, trust others well and hartly quatitude. Only sticking to my morado, ethical principles and values, I can achieve my goods and can be happy in true sense in life. So, parents play a huge note in children's life to differentiate between good and bad values. Specially mothers, because for any child, she in the first role model as they share a womb connection and she in first one who teach values of life. Parents are the one who sacrific the most to give good values to their child, even my parents has made a lot of sacrifices to make me what I am today. So I will be forever quartiful to them for making me a good human. I have promised to stick to their teaching and monals for my entire life.
- 2 My ethic in not to compromine with any thing wrong and dishonest mans. Unfortunately, now adays cosmuption appeads among people like a pandemic which we face it in

every ntep in life. A bunch of people in power along with many influential people are contexpt and they achieve whatever they want in right on whong way that does not matter. Because they only want to antiaty their inner devil who in only hungry for power and luxwry. For example giving and taking bribes on other valueable things to get something without any hardwork. So, my war is against corruption and not to bend myself in any wrong mean.

3) The modern times, the social value, good apostoman apixit in people are gradually decreasing. People only understand their luxury. happiness and gain, in this way they are giving pain to others, it does not matter to them . Theire in always a compitition in every nter in life, people only want to win in whatever way, good on bad. People become neithborh. For the decays of values, the statement of colleges and schools one involving themseleves in many illegal activities like selling drugs to come many, copying in examos to get matter and last but not the want discorpting teachers who are the mole model for their betty butwee . Philosopher and teacher Dr. Demantini has made this joke: " Didn't you know that's the purpose of mountage? You movery someone who has epponite values to you, so you can delegate the stubb you don't want to do to your hus bound and wife and they do the name to you!" He has a point . He says that the highest pourpose is that twoongh loving the other person, we can learn to love thone things that we devalue in ownelves and thus to love ownelves movefully. I like that.

I do believe from the come of my heart that these monal values will rumain in my mind till the time I am alive, and help me to achieve my goal. This values will make me a better human for future purpose.

Values That Shape Me

Name- Ramesh Das Depertment- Botany College roll no- 454 Semester- 3rd

Concentration:

- Concentration or one pointed mind is the ability to focus on a single thought or subject.
- If we control our thoughts, we can go through concentrate mind.
- To concentrate we should follow some mind rule

Avoid unusual thinking

Attachment of different things

Love that thing on which we want to concentrate.

My benefit:

• It helps me to avoid unnecessary thoughts which distracted me from gain concentrate mind. When I try to concentrate on one point I got some distracting elements and I'm trying to improve myself to get concentrate mind day by day.

Honesty:

- Being truthful to others and also truthful to myself.
- Honesty gives man the strength to face the world in difficult times.
- Honesty developes punctuality and discipline in us.
- The quality of speaking truth makes us confident.

My Benifit:

To achieve the title honesty I am trying with my best with some small steps.

- 1. Saying when I've had my fair share.
- 2. Returning something that belongs to others.
- 3. Correcting a mistakes that benifited me.(When cashier gives me extra money in change at the market)

Self Control:

- It is the ability to regulate one's emotions, thoughts and behaviour to gate a balance life, calmness, determination, willpower, confidence.
- Self control can eliminate distracting thoughts and helps us to make a better dicision.
- Self control can be practice by small steps adding some goal and benifits with it.

My Benifit:

 By attending some small steps like- paying attention in class, double checking work, giving others a chance to talk during discussion, doing work as early as possible, greetings teachers I've got some self control. I've got some control over my emotions. Now I'm quite able to take dicisions in stressful situations. Man is not a sody mind complex but a Person, a Self; a spirit.

me toward five good of my life

Geanliness:

ning or rell or sealth outs we to imbrore who realth outs will are seatern and realth outs who were to imbrore who realth outs who were the improve who realth outs who we intolored and intolored and

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RESPECT FOR 911 religions.

to the faith and exting my self.

Values that Shape me

1) Self Confidence :-

- · Self Confidence is a really important thing in my life.
- · Self confidence gives me possitive energy to take action to achieve my personal goals and dreams. The more highly motivated and energized I am, the more likely I can take the correct action immediately.
- Greater self-confidence allows me to experience freedom from self doubt and negative thoughts.
- · I have participated in many leadership activities and gained mecess with the help of my self Confidence.

2 Discipline :-

- A disciplined person always has the time to complete all the tarks within the given deadlines. I don't believe in wasting time on unnecessary things. For being disciplined I am always focused and know how to schedule the time property.
- With discipline, comes stability in all the tasks. It helps me to schedule and organize the activity and tasks in a proper structure.
- · Discipline helps me to maintain regularity, which is

- very important in my subject, Chemistry.
- It also helps me to remain calm and composed in my regular life.
- 3 Devotion to God: -
- · I believe in God. I think, there is someone above all this things who is own well wisher.
- For being a hindu, every morning I pray to God and read the "Bhagabat Grita" which relax my brain before my study.
- Whenever I am in trouble in my life, I pray to my god to help me from the situation and gains some power and motivation to overcome the situation.
- · With Good, I can face the future without fear because I know that he has everything under control.
- · Lastly, I would likely to say that, God is my pathfinder in my life.

Sowish Bera.

Roll → 258. Dept - Chemistry SEM → III (3rd)

REG :- A01-1112-112-838-2020

VALUES WHICH SHAPE ME

1 Introduction

"Value" is commonly regarded an economic correption. All things that satisfy human desire are good on have values. Values are what we view as being important and are incredibly foundational to who we are and how use make decisions. Values not only give us quidance but also create parameter too what we find to be normal, meaningful and lelpful.

The major value in life is not what you be come "

- Jim Rohn

1 Values which shape me:

\$ 50f study & Dedication:-

It is a learning method where student direct their own studying ordside the clan room and without direct supervision. Self imagination and without direct supervision. Self imagination and pratice alot is the only way to improve your skill. Pratice alot is the only way to improve your skill. Without any aim you can't get success. So first without any aim you can't get success. So first sed an aim and take proparation with feel.

Bedication to bullfill. Your aim.

Besides the various study materials and self study I build my concept which enhance my skill. So it is must important value of my like that made me what I become. This self study always boosts my self-esteem, encowage my choiosity and make me in a shape.

M Self Respect:

Self 705 peet means having contidence in your self and behaving with grove, honor, dignity. We confront ourselves with negative evergy and discouraging thoughts about ourselves, where we comit able to keep our temper and use various negative worlds on people who are important to us. However it is highly valuable to keep in mind that you are most impostant person in your life. Respecting yourself is a highly councid step to gain more confidence strungth and self love. I think respecting myself and give respect towards people not only means valuing myself but also making the right decisions and taking the right steps when it comes in life.

I Work in group:

We have our society and theire we live together on we can say that we live in a group. These group have a profound impact in our thoughts, feelings and actions. So here is a common line " Unity is strength". All of us ore in a group and it satisfies my need to bolong gain information and understanding through social compairs on, define our sense of self and social identity and helped me to active my goals that might alude me If I worked alone. In a teamwords we can know about their thoughts and values and this help me enhance my ability, my idea on that particular topic during tiscussion and it nowshind me with a lot positivity.

Role of values in my life do not possible to write become those values helps me to build my character. So these values have shaped me more than any other values.

NAME - SAGNIK DE

ROLL - 705

SEC-Value Education

COMPUTER SCIENCE (SEM 11)

3 Values which Shape Me

1. Punctuality:

The first value that has helped me shape my personality till date is my punctuality. This is a habit that was instilled in me by my mother right from my childhood. She taught me the importance of time at an early age, which is the primary reason why I'm able to meet assignment deadlines in college life. I'm ranely late to classes, exams on appointments; making others wait for me hunts my conscience. They say punctuality is a prized asset for conscience. They say punctuality is a prized asset for employment these days and I feel assured to have that feather in my cap already.

2. Tolemance / Acceptance:

In a generation where acceptance of new (ides) ideas and opinions has become an ordeal for the conservative masses, I strive hand to keep my intellect as possous as possible. I learnt early that the first step to deal with a grief or conflict is to

accept it. Be it a new opinion that contonasts with my own, on an undesimable behaviour from a penson; instead of reacting to them spontaneously, I patiently tolerate them. It is only after they finish that I delibegrate over them and then neact accordingly. Additionally I keep no unshakeable belief in my intellect. I don't believe in absolute night on worong. If someone can logically convince me to believe their perspective, I accept that with an open mind.

Express of the second of the

3. Forgiveness:

I believe this to be one of the most courcial values that a human needs in today's woorld, and I'm proud to have a perowess in this skill. Life is too short to hold personal grudges against others. Every time someone houts me, I do feel the pain and angen like everybody but I don't feel like oreciposocating that pain to the person. Instead, I swallow my sommow and forgive them. I've orealized that forgiving someone is actually very simple, it's the wige for vengeance that makes mercy difficult for the masses. Morreovers, every time I forgive a person, I gain a moral high ground with an essence of self-satisfaction. The people lusting for the coldness of vengeance do not get to feel this warmth of forgiveness.

Registration No. A01-1112-212-016-2020

Msc. Sem-II (Chemistry)

Subject: SOC

Roll no. - 20 Page-1

Values that Shape me

(1) Self Study:-

· Self Study is a really important

thing in my life.

. As I bolong to a middle class family, My parents const provide me home tutors for every

. My self study with the help of Some reference books for that particular Subjects, really help me to cover my syllabus

· Self Study also develop depth of Various Subjects.

(2) Concentration:

· Concentration is a really important thing to do any work smoothly with Confident.

· Concentration help me to focus about the particular took in a particular time.

· When I study a topic, I concentrate about the topic only and therefore I could finish my Study in a definite time.

- · It gives me time to do other tasks and my own refreshment also.
- (3) Devotion to God:-
 - · I believe in Good. I think, there is someone above all who is owl Well-Wisher.
 - · Every morning, I pray to Good and this relax my brain before my studyhowr.
 - · When I am in trouble for some reasons, I bray to Good because I believe that Good will definitely help me to overcome any difficulties in my life.
 - · Lastly, I would like to say that God is my bathfinder in my life.
 - · God is not an idel to me, God is hower.

TOPIC: VALUES WHICH HAVE SHAPED ME

Values are basic and fundamental beliefs that help us to determine what is important to us. Values describe the personal qualities we choose to embody to guide our actions; the sort of person we want to be; the manner in which we treat ourselves and others, and our interaction with the world around us.

The three values which have shaped me what I am today and will continue to shape me towards the goal of my life are stated below-

1. SIMPLICITY:

The benefits of simplicity is that it provides more peace in my life. Simplicity assists me in creating clear goals, focusing on my actions and getting more done. These factors help me in eliminating the clutter and stress produced by undefined goals or purpose. It provides peace and tranquility in my life. When I understand and appreciate simplicity, I find a sense of joy and contentment that can never be taken away from me. Having an abundance of "things" requires time and energy to maintain. Simplifying my life by having fewer possessions allows me more time to enjoy what really matters in life.

2. SELF-CONTROL:

Self-Control is an important skill that allows me to regulate behaviour in order to achieve me long-term goals. Research has shown that self-control is vital for goal attainment. The skill self-control helps me to reduce impulsive behaviours, quit bad acts and improve my mental health. It also helps me to enhance my decision making capacity.

3. CREATIVITY:

Being creative helps me become a better problem solver in all areas of my life and work. Creativity helps me to see things differently and better deal with uncertainty. It helps me to deal with uncertainty for which I can adapt my thinking to allow for the flow of the unknown. A creative act such as crafting helps me to focus on my mind. Creativity reduces my anxiety, depression, stress and it can also help me process trauma. Creativity helps me to be linked with innovation. Creativity empowers me to myself and stay true to what I love.

3 Values that shaped my life

- 1. Anger Management-Anger is the greatest enemy of a human. As per bhagwad gita "Lust greed and anger are the path to hell." So I have started meditation that helped me to control my thoughts. When I become angry on someone I just repeatedly tell myself "I forgive you, I release you". As a result my anger become dormant. There are very few cases when I become angry and this helped me to focus on my studies
- 2. Concentration-Concentration is also very much essential for studies. So I chant Om everyday in Morning for 10 mins. Chanting Om helps to revive memory and also increases concentration. Subconcious mind becomes submissive here. As per u panishad "Concentration leads one to destiny". Also I try to avoid distractions so that I can devote my entire energy on my studies
- 3. Respect-I always try to respect everyone. By respecting you can devolope yourself. I always try to respect everyones opinion and hear to their thoughts. There is an old proverb saying "to earn respect you have to respect". It devolopes my personality and helps me to remain humble.

Values which shape me

Values: The values are the things which satisfies human dosines and important in the way of life.

Now, I am discussing about the three values which shape me.

Honesty

53

Honesty refers to trulhfulness and high monals of a penson. It is a quality of being able to trusted.

Honesty gives man the strength to face the world in difficult time. It always builds trust and help the people to make a power to stand up against lies. It help a man to follow the right way in life.

In the pandenic Situation, all the examinations in our college was held in online mood. So, there was a big opportunity to copy the answers from my note, books, internet. I took the dishonest way to write some answers in my exam but some other answers I forgot gave in honesty. After the examination rall the answers and theory. forgot by me. If I took, fully honesty pathway this type of incident cannot occurs. So, This value helps to understand that It is a ferfect value in the life of all the Student to achieve the goal. I knows that this value always help me from other facts, to make a perfect man.

Unselfishness

Unselfishness is the quality or fact of thinking about what is good for other people rather than yngself.

It effort to bring cheer to others will be the beginning of or happier life for ourselves. It can create a proper person. One day, my friend was suffering in some illness and he did not attend the class. He asked me to give him the class note on this day. So, I provided him, this class notes and tryied to describe shortly about the Study of this dass. After few day, for some reason I cannot titlend one class. So, this friend gave me all the class note and Study metanials. In this way, I understood the value of unserfishness. I thinks that this value allways shape me from in future.

Concentration

concentration is the capacity to focus on one single subject on through, where some one exclude everything else from the considerals field.

It is needful in student life because every student can try to achieve their tenget and for this achievement student should be focus or concentrate on their tenget, nothings others.

As a student, I have a memories about this value. In some examination and others I can falled to acheive my tenget because I dad not study with concentrated mind. When I felt this reasons, why I could not acheive my goal, then I started to doing all the work including study, with fully concentrated mind. After few days I felt the needfulness of this value. It helped me to going near to my goal for achivement. Then I achieved m my goal. Then I understood that every work are successful when this work done with fully concentrated mind. This value allways help me in future.

Ramakrishna Mission Vivekananda Centenary College, Rahara

An Autonomous College Affiliated to West Bengal State University



Course : M.Sc.

Subject : Mathematics (MTM)

Paper : SOC-2

Examination : 3rd semester,2021

Full Marks : 10

Exam Roll No. : 16

Registration No. : A01-1152-213-014-2020

Date of Exam : 11-12-2021

Values which shape me There are more than those values which have contribution in changing my life. But the most significant three values which have change my life one Honesty: - When I was in cat class IX or X, I never shared my notes with my foriends. I told always told them lie that I have no notes. I was so never minded then and also apullat get any solutions or note from them. Then I was stocked to share my note & my views about any problem & the saw that they also started to shoes their note & problems with me & I w stocked to leven more in less time 4 began to make trust worthy & honest foriends. - Now, I am alway toy to be honest with all & which make me confident. Unselfishness: - In my 99 years of life, spon, I realize that whenever you be selfish, you will be restricted. Any further improve men improvement or se success is not possible or will slow In school time, I & my friend, no Guldu, both were stocker in our school football teem. Both of us wonted to st score more, for that reason we een raxely pass boll in to 600 god box ween. The For this reason our team had to suffer. Oux of team mater ocalize that the matter & they told us to pass each other & after that we stocked to score more in each game. unselfishness in improve myself.

conceptantion: - In earlier day, to memorize a paragraph I have to spend 3-3 hours. But That a creates many problems like I couldn't complete my m & home-tasks. But after trying good up. Non I can memorize studies & complete my tasks in lesser time with more perfection

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

Name - DEBARKA DAS
Registration No. - A01-1112-113-032-2020
College Roll No. - 348
Sem ester - 3nd (III)
Depostment - Mathematics (UG)

Sub-MID-SEMESTER ASSIGNMENT-SEC Topie-Values which shape Me (SEC)

Topic: Values which shape Me

Values are the concepts that shapes and defines a man and his goods and movals in life. They are the check-points that we use to make decisions and choices that effects us and people around us.

Forom a very little age we may learn many types of values from our swaroundings, from our parents on teachers but after a certain time its our nesponsibility to prioritise those values that will help us and are important to us.

I believe it is own duty to honour and act on those chosen values which will guide us to build own characters and will shape us to became a good human being.

There are many values that shaped

There are many values that shaped me and will shape me in future. But if I choose three top values they will be-

1 Honesty-

Homesty should be the come value of every human being. As a person I always expect others to be honest about their opinion and emotions tome. So, it is notwed for me to be homest for every action which I take. From childhood I have been taught by my parents that I should always be honest to my self and to others which in turn helps me to make good and strong

connections with people. Humans are complex beings but honesty makes us trustwoothy and understandable. That's why I belive-

"Honesty cannot be the best policy but

the only policy"

In my opinion exectivity is the driving force of human civilization. Only through creative methods we can overcome hardships and problems. As a individual I always truy to be inovative and exective facing any problems as it always gives me the best result. It gives me the confidence to make a positive diff exerce in my life and in socity. I was inspired by my elders and teachers to always take a creative approach and I will always take a creative approach as it will shape me in future.

3 Respect-

I belive the only way to receive proper respect is by giving proper respect to everyone. As a good human we should show respect to everyone despite of their religion, cast, sex, classett as on fundamental level we are all the same. I always truly to the eat my parents, teachers, elderly, co-wookers with utmost respect. So as a value - I theat all living beings with same respect with which I like to be theated.

Those are the values that shaped meand will shape me.

in future. I will toug to maintain them as much as I can. Forom my values. I came to readize that I they dictate my behaviour and choices in life. To be come a good human beings I belive that I have to maintain my values and in turn they will quide me and shope me in my future.

Registration No- A01-1112-212-018-2020 Class Roll - 22 Subject - chemistry Semester - PG sem-3

> Three values: courage, Truthfulness, Patience

Human values are the principles that one should sollow to live a happy and positive life.

9 am going to write

something about three values, i.e. courage, truth fulness, and patience, which have shaped me what gam to-day and will continue to help me reach my Juture destination.

Courage

we know the proverb "Fortune favours the brave". so, everybody must be courageous enough to attain victory in life. There must be frets, troubles, fevers, handships in the path of success but with courage we must move forward trodding over those difficulties and only then we will be able to reach our goal. So far I have been courageous

and come forward successfully and hope nothing untoward can stop me from moving forward.

Trouthfulness

we all know truth wins in the long num. To win our goal we must be truthful. Nothing good canke done by falsehood or any false tricks. Never 9 tell a lie, so God is always with me and will be so in tuture. A truthful man is loved and respected by all.

Patience

" Patience attracts happiness, it brings near that which is far" of can help us achieve our goals, maintain a more positive outlook on life, and make us less reactive, which in turn will make us less brown to bad decisions, stress, regret and anger don't help anything. So patience is a must to move forward your goal.

"The key to everything is patience....."

My patience has made me what gam to-day and surery it will help me to fulfil my aim in-life.

DATE: 11/12/2021

NAME: SIDDHARTHA DAS

ROLL: 24

REG. NO.: A01-1112-215-024-2020 of 2020-2021

SEM-3, M.Sc.

DEPT. OF ZOOLOGY, R.K.M.V.C.C.

TOPIC: Values which have shaped me to be what I am today and will continue to shape me towards the goal of my life.

" Stand up, be bold, be strong. Take the whole responsibility on your own shoulders, and know that your are the creation of your own destiny."

- Swami Vive Kananda

Values are like seeds that sprout, become saplings, grow into brees and spread their branches all around. Building up of values system starts with the individual, moves onto the family and community and institutions, spreading throughout the land and ultimately embracing the planet as a whole.

*TRUTH AND HONESTY - Both the words are complementary to each eleve. Honesty is

the simpliest Thing and it develops a practice of speaking thruth throughout

the life. Honesty strengths and improves relationships between people. It helps in

bringing them closer making a unity in between them. This is a value that shaped

me the most. In my value education classes of Auxilium Convent School, our head

His told us that it is the most important and useful thing for our student life

to be a honest person. She told us that a person who practice honesty in his life

possess strong moral character. There is a very common phrase, Honesty is the

best policy. Honesty helps me in developing good attributes like kindness, discipline,

truttfulness, moral integrity and more. Honesty removes fear from my heart and

makes me sourageous and confident. In this very corrupted World, dronesty is

the prime beature we all need. I always by to fellow this value in my life

which will surely help me in my bulure.

Host W GROUP - We have our society and there we live together or we can say that we live in a graup. These groups have a profound impact in our thought, beelings and action. These is a very common phrase Unity is Strength. It is not that we learn from someone, it is the case of realization and development of our mentality. Being a student of co-ed convent school, I got the apportantly to do various assignments, programs, lasks along with my fellowmatis which gave me an understanding of unity and how samethly a lask can be completed when we all are unitedly working in a group. Till new I practice this group works as group study in my college as well. This benefited me not only with my studies but also shaped me as a good human being where a I got to heart many thoughts and learned to respect each one's view points. Through group work I gained information and understanding through social comparison, define ourself sense of self and social identity and helped me to achieve my goals.

it enhanced my idea on that particular topic during discussion and it nourished me weith a lot of positivity. In a group I am very bocused on making a smooth and quick decision which is possibly the more fruitful aption for us. So, it is one of the important values in my life that shaped me.

SELF STUDY - It is a learning method where students direct their own studying outside the classroom and without doiect supervision. It is the first value that makes me an independent student. Suice from childhood till class 9, I did not avail any private tulor who could help me with my studies. By means of self study I gained confidence and able to go beyond simply learning what my class lintbooks and instructors leach me. By practicing self study I am encouraged to explore further lopics in which I am intuested and developing stronger study skills as a result. The most advantageous result which I have got through self study is that I can take control over my own learning. So, it must be said that self study is the most important value of my life that made me enriched with knowledge. I always try to meintain this habit in my life and will bollow this in near butwe as well.

"Arise, awake and slop not lill the goal is reached"

- Swami Vivekananda.

Topic:

Reg. no: A01-1112-213-007-2020

evalues which shape me :

1. Honesty:

Honesty implies being touthful. Honesty means to develop a practice of speaking truth throughout life. A Honest person is trustworthy as he always tends to openy the touth. Beacuse deshonest, people may earnly get trust & respect but whenever, they lost that forever when they got get caught. Being dishonest is a sin in all the religious, how - ever, people practice it for their shout time benefits strong and there their rife becomes miserable. An honest person moves freely in society and his spread his fragrance in all directions. For all human problem honesty is the sultimate solution. commuption and various problems are every -where in society. It is because the increasing of dephonest people. So this value honesty has Shaped me to be always touthful to the people and by doing this activity I get infination and motivation to be more honest in my left. That's why the value is more important to me.

clg Rou no 07 2. Cleanleness: cleanliness refers to the state of being clean. It is something which must not be forced but encouraged. cleanliness of all kinds carries equal weight, one should never make the mistake of compromising with cleanliness. In the very days of cavid-10 virus, it bacteria to harm us. when you stay clean & keep the environment clean you are less likely to fall ill also it your life span. And Intrequently, we must always eat healthy food and conune clean water. Avoid eating out often and orinking water from unclean sources, personal longiene must be taken care of. Bleaux the self satisfaction comes when one day Stays bygiene. There is no such satisfa -ction comes except to maintain one's clean - liness. So this value cleanliness is very important to my lifestyle which shaped me in my lifestyle properly.

Reg. no: 401-112-013-007-2020 olg Rev. no: 07 3. Obedience: obedience means obeying orders happily. This is one aspect of devotion. This is completely different from the tendency of slavery because the nature of slavery means the State of consternation. Not obeying the elder is wrong. It is the duty of everyone to obey his parents, teachers, elders with please -re. It is failed by anyone then it is considered as to be flaws on arrogance. our elder ones have a longe experience in their life but we have such a small amount of that, in fact, we have no idea about to face next. So that's why we should o bey them to collect more & more knowledge. And by this practice when we grow up and our experience be comes mature enough then we will get the understanding to make our own decisions. So that's why thes value obedience makes my tolence in between respect, elders & learn from them.

(PG) M.SC. CHEMISTRY 3^{ud} SEMESTER

REGINO. = AOL - 1142-212-021-2020

P CLASS ROLL = 28

PAPER CODE = 600 GOFT SKILLS

SUBJECT = VALUE EDUCATION

and will continue to shape me towards the goal of my life (values which shape me)

an object that satisfies human desire in said to have value but intovinsic value in that which satisfies a person's personality ar continibutes to his seef medication. It must go beyound arganic method of satisfaction of desire to meach the concept of what is intovinsically valuable.

that shaked me wather my personality but here I would like to mention to two twee most effective value that have changed my personality and spirituality and herbed me achieve good my goal.

+> service to poor:

theraping poor people by money and other meany gives me a seif satisfiaction and gives me an another point of view to try society. In this way it has build my personality glovious.

2) work in cocoup:

working in crowip reads me to be a good human being by developing the skill of social communication, partnership, readership and so on. They this value adds another stax in my personality.

me moved names like Honesty, non-reidence, simplicity, earl contoral, dean lines elean lines not only improves my personality but also enough my spiritual aspects.

some places of the second of the second

I god to the theretains the transmission to be the

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

Name – Ritam Sinha
Subject- Value Education
Paper Code- SOC II
Reg. No – A01-1112-213-032-2020
College Roll No- 34

Topic: Values that Shape Me!

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पुर्णमुदच्यते पूर्णश्य पूर्णमादाय पूर्णमेवावशिष्यते ॥ ॐ शान्तिः शान्तिः शान्तिः ॥

Our actions are the fruits of our inner-beings. So whatever we teach ourselves will affect our lifestyles at some point. A person with good character can achieve any seem to unachievable heights at an ease. So culturing and nurturing the qualities of our inner person is much more essential than only textbook learning. Therefore, with a burning desire to do something great in life I seek to have expertise on the following values:

(a) Empathy:

We all are creatures built up with pros and cons. Therefore, the flaws in our actions are sometimes inevitable. We should possess empathy for others as everyone is not always lucky with their state. We mustn't disrespect anyone as all the days will not be beneficial for us. And uplifting people can elevate our inner selves as well. Attaining the state of our inner peace is very necessary to stay focused in our works. And with my little experience in life, I comprehended that possessing empathy for others may lead you to inner peace.

(b) Smartwork:

Practical works are more useful than just only ideas. But works are when performed smartly it becomes more efficient. This is why I truly believe that smartwork can shape a person's character and makes you humble. As it saves time and makes you productive. So I try to perform smart work almost every time.

(c) Valuing Time:

Everything can be done with perfection if time is utilized properly. And with an interest to have experience in various types of works I deeply rely on the old proverb, "Time is Money!" As with effective use of time, we can be more efficient with our works and be more productive. And our works define our character and mold us to be humble.

Besides these three values, there are great virtues like kindness, critical thinking, eagerness to develop ourselves, etc. which I try to cultivate as they can shape a person's integrity.

Values which shape me

My values from the foundation of my life. They dietate the choices you make and determine the direction that my life takes. My values will influence my decisions related to my relationships, cancer and other activities you engage in. I have to prioritize these (1) Respect.

2 Positivity.

3 Concentration.

Respect:

all human being with roespect your probably base that roespect on something you than Someones rank on social status.

Otherwise, why would you conciden it a priority to treat all lumman with equally. respect regardess of there age income for background on why would you put more energy into making Sure the least exalted among you is tread with respect than into making Sure sheat you with Same con-Sidertion.

Positivity: -

happy or agreeing all time what it means what we do is to being emengy and enthusians to an our work. I thing it also means being supportive of the process we use, wilmout lossing hope. There were many difficult situation I faced where anihad tone was a let it go and many of them resulted good out come.

Positivity inlikes keepes me focused mitirand and happy. Steps negative thought from taking over and it beonds me to be an that I can be so stay always Positive.

@ Concentration: -

and at the Subject, object on thought, and at the Same time excude from the mind every other unrelted throught Ideas, feeling and sensations. To concentrate is to exceude or not pay attention to, every other unrelated thought; ideas feeling on Sensation.



NAME: SAYED MAHAMMAD ALI

DEPERTMENT: BOTANY

COURSE: M.SC.

SUBJECT: VALUE EDUCATION

PAPER: SOC III

REG NO: A01-1112-214-011-2020

ROLL NO: 13

TOPIC: VALUES WHICH SHAPE ME

SEMESTER: III

VALUES THAT SHAPE US

❖ WHAT ARE VALUES?

Value is commonly regarded as economic conception. An object. Is said to have value, if it satisfies a human want or desire. All things that satisfy human desires are good or have values. Values Are what we view as being important and are incredibly Foundational to who we are and how we make decisions. Values Not only give us guidance but also create parameters for what We find to be normal, meaningful and helpful. When we live in Alignment with our values, we feel better. There are some values (absolute and intrinsic), those cherished me and make my life meaningful beyond all differences due to time and place.

✓ SELF STUDY:

It is a learning method where students direct them own studying-outside the classroom and without direct supervision. It is the first value that makes me an independent student.

By practicing self-study, I am encouraged to explore further topics in which I am interested and developing stronger study skills as a result. The most advantageous result which I have got throughout self-study is I can take control over my own learning. So, it must be said that self-study is the most important value of my life

That made me. This self-study.

✓ PERFECTION:

To be more perfect in career or life is an untold target of every person. Personally, in my career of education, I try to make myself more perfect in studies by practice. In the field of life, I try to be a more perfect person. I learned how to grow up my sense of acceptance. It helped me a lot trying to make myself more and more patient and perfect in life.

✓ TRUTH AND HONESTY:

Both the words are complementary to each other. Honesty is the simplest thing and it develops a Practice of speaking truth throughout the life. It must be said That honesty implies being truthful. Honesty strengths and Improves relationships between people. It helps in bringing them closer making a unity in between them. This is another Value that shaped me. That a person who practices honesty in his life possess strong Moral character. There is a very common phrase-Honesty is the best policy. Honesty helps me in developing good attributes like kindness, discipline, truthfulness, moral integrity and more. Honesty removes fear from my heart and makes me courageous and confident. Now in our very corruption days this is really need for us. Though it is a very responsible value that shaped me, I always try to main this policy in my life.

ACKNOWLEDGEMENT:

The success and final outcome of this Assignment required guidance and assistance of some people. I Consider myself fortunate and to have got this all along the completion of my assignment work. I respect and thank us principal Maharaj Swami Kamalasthananda for giving us an opportunity to do this wonderful assignment on the precious topic VALUES THAT SHAPED ME. I would like to extend my sincere gratitude to principal Maharaj without whom the work would have remained incomplete.

Ramakrishna Mission Vivexananda Centenary College, Rahara

Subject - Value Education

Depentment - Chemistry

Semester - III (M.Se)

Reg. No - A01-1152-212-011-2020 of 2020-2021

Roll No - 15

Three Values that shaped me and will continue to shape me towards the goal of my life:>

An object that satisfies human desire is said to have value but intrinsic value is that which satisfies a person's personality or contributes to his self realization. It must go beyond organic or eatherie method of satisfaction of desire to reach the concept of what is intrinsically valueable.

instrumental values that shaped me rather my personality but here I would like to mention three most effective values that have changed my personality and spirituality. That helped me to achive my social and personal goals.

1) Socio-Cultural Responsibility :-

Owe Society is very much diverse. So, there is diversity in sace, gander, age and ethnicity. But my voules says to obey the unity in diversity. I respect all peoples, irrespectively their race & religious views. I respect their cultural views and social activities inclusively. I am always eager to explore cultural norms & expectations of levery cultural community.

2) Service for needy ?-

Helping poor people by give some money, food & clothes, as per my capability gives me a self salisfaction and gives me an another point of view to this society. It remembers me that, as a part of the society, it is my responsability to serves for my society. A healthy society, will gives a good things & vibes to the people and our upcoming generation. So, it is my oath, that I will always serve for my society.

3) Mental and intellectual envichment 3+

I am always eager to explore new things and gather knowledge from different fields of study. My purpose is, understanding human personality development. The moral values like honesty, non-violence, simplicity, self control, cleanlines not only improves my personality but also enriches my spiritual aspects. This mental development, helps me, to overcome difficulties. I am always want to helps my friends, to overcome difficult mental conditions.

Value education in every human life is mostly important in our society. Values like moral values, aesthetic, social values are need for physical, mental, emotional & spiritual aspects.

The first value which has shaped me, is honesty. In general we usually habitat to speak. 'Honesty is the best policy.' From childhood, I always try to speak the truth in maximum time. I noticed one thing that when I lied to my parents or. friends then for one lie, I suffered with a big problem. Hence, I think that honesty plays a good role in my life for my physical and mental aspects.

Then, I come to the second value that is eleanliness. I always try to wear elean elothes and I usually elean my room elean and elean. Eleanliness develops me to a good character by keeping my body, mind & soul elean and peaceful. But, I think eleanliness means not only the outwardly elean, it means inner elean also i.e. the heartily helpful and peaceful mind. I try to help any kind that I can do, for this my heart remains peaceful. Cleanliness in my life will shape me to develop my character with greater humanity in further.

The third value is simplicity which shapes me mostly in maximum purposes. I think that simplicity is staying in the present and not making things complicated. Persuing a simple life I really feel calm, fresh and happy all time. I buy necessary things that's would be need for me but not the luxurious things, be cause I trust that money-spending in Luxurious purposes is not so important, that money I send to relief trust through online method sometimes.

For this, I genuinely feel happier in my minde to help someone. Thus, I think that simplicity will shape me to be 'People like People'.

Values Which Shape Me

<u>Cleanliness:</u> Cleanliness is next to Godliness. I learnt that to be a good human being one should build up a clean soul, body and mind. It is also important to live a healthy life. Because it is such a value that helps a man to improve personality externally and internally. Since my childhood, I have been practicing to clean myself as well as my surroundings. Elders always say, the first impression comes from you to an unknown person is the appearance so I always a try to maintain a clean and gentle appearance to everyone. For that I practice this cleanliness routine from cleaning my bed to my dress and my character.

Honesty and Hard work: In the world of 7 billion people very are successful in life. They always say hard work and honesty are the most valuable character to gain success in life. Hard work makes a man good observer as well as good learner. Every successful people say that it is good to fail to rise again. And to rise again we must learn from our failure. This morality can only take birth when we work hard to fame our name. So, I always try to work hard like my parents do.

Honesty is the ability to speak the truth. And to speak truth we have to be fearless. My parents always told me to be honest at the last of my breath because I can be a less intelligent student but I have to be good student by morality. So, I always try to be fearless to speak the truth in every turn of life.

<u>Kindness</u>: Kindness is defined as the quality of being friendly, generous and considerate. Kind is love and love is kind. I always learnt from elder to build up a strong character kindness should include in a great quantity. I have seen my elder to take part in many welfares works. They have always supported the weak and financially less upgraded people. so I always try to be kind and helpful to all those people who need the most. As we all have hand, we have to turn it into helping hand-I believe it very much



RAMKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

RAHARA, KOLKATA

Mid Semester Examination 2021

Soft Skill: III - VALUES EDUCATION Assignment.

Topic - Values which shape me.



ROLL: 31 DEPARTMENT: M.Sc-BOTANY

REG. NO: A01-1152-214-028-2020 Of 2020-2021

SEMESTER: III **DATE**: 09/12/2021

Name - Rahul Das.

Semester - M.Sc-III Sem.

Department - BOTANY (M.SC) Dale - 09/12/2021.

Rall No. - 31

Req. No- A01-1152-214-028-2020 of 2020-2021.

12 Values which shape me 12

1 Introduction: thing, or action with the aim of determining what thing, or action with the best to do or what way is best to live of to describe the significance of different actions values can be defined as brond pore ferences concerning app reportate courses of action or out comes. They offeel bethical behavior of a person or are the barris of their intertinoal activityes As such, Value reflect a persons sense of right and worang or what ought to be . They tend to influence attributes and be havings.

Value Conquitine Aesthetre Social spiritual The value which of nin write about are honestry, cleanliness, simplicity.

1 Honesty:

Infortunately carry in our life we learn that of eargetus out of trouble. It can get us what we want 9+ can make it easier to please the people around us, And all of we develop the habit (all beit, to varing degrees). Living an honest life value effect.

pursue it and same action steps to get it storted. But once it begins to gain momentum in my life and I begins to realite it many benefits, honesty will became my life casier and easier.

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Everyone nasto realize that most and the India places

Everyone nasto realize that most and the India places

look turpleasant and unclean to our eyes. Also, the littered

garbage, overflowing sewerage and defined walls can results

mother spread of lisenses in such a case to avrid this the

motive should keep same efforts trooods main taining cleany

native should keep same efforts trooods main taining cleany

and their homes. Work place as well as sour anding, A clear

in their homes. Work place as well as sour and happy sole.

Therefore, we should try to adapt a lifestyle and clean one

thurstone we should try to adapt a lifestyle and clean one

sourcanding so that their will be he have to nother and

the other living being.

as a life that has removed as of the non-essentials it is maked by arness, It is uncomplicated. As a result, It is maked by arness, It is uncomplicated. As a result, It is maked by arness, It is uncomplicated as the things freeing, If allows true lives to be focused on the things that are most that are most important forward on the things that are most important to us. Simplicity in life cannot be achieved important to us. Simplicity in life cannot be achieved without transity. Honosty can live cannot be achieved without transity. Consider the fact that arm are everytime without honorty. Consider the fact that arm are everytime without honorty. Consider the fact that arm are everytime without honorty. We creat an afternate reality. And we are not truth that, we are forced to live in booth worlds. Sub-seaturity, we are forced to live in booth worlds. Sub-seaturity, we are forced to live in booth worlds. I have sent and the one we have excated. On the other thanks, when we choose honesty in. all ac pects of hand, when we choose honesty in. all ac pects of hand, when we choose honesty in all ac pects of hand, when we choose honesty leads to duplicity threaty leads to simplicity but dishonesty leads to duplicity the exact apposite.

Values Which Shape Me

- [] What are values?
- concept. All the things that satisfy human desires have values. Values do not guide us in our developments but with Ovalues we feel free and peaceful.
- I there are some values which make my
- Honesty: There is a furmy common phrase thonesty is the best policy. I feel til now that honesty is the great thing but it is the simplest thing. Honesty improves the relationship between people. In our value education classes our respected Maharaj always tells us to be honest and enjoy the life. Now in our corrupted world this is really need for us. Though it is a very responsible value that shaped me, I always try to maintain this policy in my life.
- (2) Work in Group: We know from our childhood that unity is strength. It is nealised with taught by someone, it is realised with broad mentality. I realised it in my whole school life. It is truth that if we want to go fast we should walk alone and if we want to go fare we need to go together. When I do any work in a group

It enhanced my idea on that particular topic during discussion and it nourished me with a lot of positivity. It is one of the important values in my life that shaped me.

3 Self-Study: - It is a great learning method outside the classroom. It is the method outside the classroom. It is the first value that makes me an independent first value that makes me an independent student. As my father and mother always student. As my father and mother always busy with their work, since childhood I busy

Reg. No - A01-1112-214-009-2020

Poll No - 11

DéPartment/Subject- Botany (MSe 30d dem)

Date- 9/12/2021.

Valued Which Sharke me

Introduction:

Value denoted the defree of inflorance of Lome thirt, or action with the aim of determining what actions are best to do on what way is best to live on to describe the different actions valued can be defined as broad Preferences concerning appropriate counses of actions on auteome. They effect direct behaviour of a Person or are the basic of their international activities. As duely valued reflect a Person Sense of right and wrong or what ought to be. They tend to influence attitudes and behaviour up.

Spiritual Moral Aesthatic cognitive Social.

The values which i will write about are honestly, clearliness, Simplicity.

Honestly: unforstunately early in our life we learn that dihonettly can have incredible Short-term benefits. It can Jetud out of trouble. It can jet us what we want. It can make it easiers to Please the People around us. And all of is develop the habit (all beit, to Vannying defneed). Living on honest life takes effort estecially at the beginning. It refuired a decition to Pursuse it and Lume action stells to jet it stanted. But once it befind to Join momentum in my life and I begin to realize it many benefits, hone-ty will become my life casier and easiers. cleanliness: The term cleanliness means the obserce to dist, Janbaje, bad mell, Stains dust et. e. Everyone hatto realize that mast of the Indian Places look unlessant and unclear to our eyes. Aldo, the littered fan baje, overstlowing derveesje and detreed would can redutt in the street of diseased. In Such a case to avoid this the native should keet done efforts towards nointaining clearliness in their homes. Work Places as well as sunnoundings. A clean and hyperic envisoment makes fulfilig life and harpy Sall. cleanline SS is in Portant and Should be Proactified in our day to day to tife. If we keep ourselves clean, then it will be hellful in nation building exercise. Therefore, We should top to adapt a lifetyle and clean our Suppounding do that these will be no harm to nature

and the others living being. Simplicity: A life of Limplicity can be defined and a life that has semoved all of the non-eddentials. It is marked by arenells. It is uneomplicated. As a nedutt, it is treeing. It allows ours lived to be focused on the things that are mest inPortant to us. Limblicity in life connot be achieved without honesty thonesty can live without dimplicity, but Limplicity connot live without honesty. confider the fact that everytime we are not touthful. We consider an atternate neality. And Subsequently, we are forced to live in both world; the true one and the one we have created on the other hand, when we chasse honethy in all astrects of life including our manniage, our business, and our relationship, we live the Seme life whenever we are Honesty leads to Lindlicity but dishonety leads to duricity—the exact of Politie.

SEC Mid-Semester Assignment

NAME: - PRATIK DUTTA.

SEMESTER: - III (04)

ROLL NO: -250

REGISTRATION NO: - A01-1112-112-032-2020.

DEPARTMENT: - CHEMISTRY

Values Which Shape Me

Values are one of the controller factors in life. It is mainly negarded as an economic conception. An object is said to have value, if it satisfies a human want on desire. So, things on feelings that satisfy human desires are good or have value.

Just like other human being, I also consider some of the specific values that actually lead my way to a better life.

- (1) Unselfishness:- This value helps me not to think only about me, but also about my family, friends, loved ones. This value helps me to share what I have and to care with my feelings. Unselfishness leads me to talk and be friendly to people and listen to them.
- 2 Perfection: To be more perfect in career on life is an untold target of every person. Personally, in my career of education, I try to make myself more perfect in studies by practice. In the field of life, I try to be more patient, calm and helpful to be a more perfect person. I hearned how to grow up my sense of acceptance. It helped me a lot trying to make myself more and more patient and perfect in life.

3 Honesty:- We all know, Honesty is the best policy. To always stay on the side of truth, must be the motto of the life of every human being. I always try not to compromise with truth and to be honest, keeping honesty, always give me confidence and an inner peace.

These are some of the values which gave a shape to my personality and will continue to shape me towards the goal of my life.

VALUE EDUCATION SUBMISSION :REG NO – A01-1112-214-021-2020 PG BOTANY 3RD SEMESTER

TOPIC – VALUES WHICH SHAPE ME

The three values which have shaped me what I'm today and will continue to shape me towards the goal of my life are discuss below.

• Honesty:

The most important values which makes a pretty powerfull impact in my life since my childhood is being honest . Honesty is the best gift I can give , being honest may not get me many friends , but it will give me the right ones . But it will pretty hard to being honest in every moment in my life as because some particular moment in my life I become left behind in try to be honest . But I tried as much as possible to being honest . Some time , being honest life gives us so much unconditional surprises and full of joy . And in the end I believe that god can see everything . What I'll be done with honesty and justify it . It is known to all that honest heart produces honest action . Thus I put my 100% for being honest . But it is almost impossible to being honest all the time in my life but I'll try my best and believed that honesty shaped me excellent what I'm today and also believe it helps me to reach my ultimate goal in life .

• Strength:

Another one of the most important values passes through my life is strength . Actual strength of mine , I realizes when only through continuous efforts and struggle over many time . The mental strength is much more important than the physical strength . Being brought up in a economically poor family , some-times I just have to die a little inside in order to rebon and rise again as a stronger version of myself . In my point of view my real strength is checked up when my families are in trouble , it try to break my mind , by that from a little from where a sound came in 'Yes, only I can do it ' . Till now I believe that my biggest strength is my positive thought which really help me to overcome all the dumb situation and will also helps me in future .

Creativity:

For me creativity is a wild mind and a disciplined eyes and the comfort zone is the biggest enemy of my creativity. Since my childhood our teachers and parents are tought us to be creative. But to express creativity sometime it falls me in discourage whenever I fail to do something new and can not express my creativity. It is very hard to be creative in my life, gate out from regular needs of life. But I still try to make an effort thus creativity is allowing myself to make mistakes, but one the many time it breaking out of the expected patterns in order to look at things in different way from my behaviour to my exam answer sheet. Thus it helps me in progress in my life a lot.

I will leaven to think critically, and gother knowledge from different field of study. I shall be exposed to some sol well-established medels that houre been developed for the purpose of understanding human personality developement, brobaical, brobaical, including cognitive, behavioral, brobaical, social cultival, and spiritual perfectives I shall cheuse a personality to explore, ond examine it critically through various ongles: 1. Discipline: - I feel onhwood if the customs & rules of a new place are not known; componions are embrassed too Sobe formissor with the rules of the institution. Believing that The they are good for me, follow Ornem respect July plan of actron: · I make a doubt routine for my study so most I tonot log behind ather in mostering the lesson of the school. The to enoide the tension of housing the twoman the omnual examination at the twoman the omnual examination at the last moment. Be well acquainted with my syllabus. I be esseful about my eating habits Khroide Junk Jood. I select the good which 13 good forms health and 12 easy agestick

cleonliness: cleonliness of ment to of gothness. It got the main and cleonlines overilized life. Prolitical grows as overilized life by all religious as over also hailed by all religious as the essence of spoutral life. Plan of actron: I Always keep my driers, bed and ream Hear I keep all my things tastefully end in order. I practice cleanliness as for as possible and help others to do some · I pox attention to the surroundings of the school and hostel, and help to keep them clean and beautyfull. Behaviour - Nobody Leves or respect a person who does not behave properly. One com not live without the help of others. knowing this, do not behave housely without plan of action; o way that will consider meas their own. · I alongs show respect by seniory and elder · I always behave in a triendly way with servants and labourers, I always be steady to help others in every

R.K.M.V.C COLLEGE

Sayanta Manna
Roll - 431
Botany Department
Rea. No. - A01 - 1152 - 114 - 022 - 2020

SUB- SEC ProJect

—: Cheativity :—

cheativity enables alternative ways of thinking. It allows unblocks old Patterns or habits of thinking. It allows for non-linear thinking. Cheativity enables empathy. It is the process of having original ideas that add value. Cheativity works when there is curiousity, (open to the environment), passion, knowledge and dedication. Being cheative helps to solve Problems generate more ideas any concepts, it gives confidence to your potential to make a positive difference.

why is croeativity important in life?

Being Cheativity kelps you become a better problem solvers in all arreas of your life and work. Creativity kelps you see things differently any betters deal with uncertainty. Studies show that creative people are betters able to live with uncertainty because they can adapt theirs thinking to allow son the flow of the unknown.

How cheativity shape me: -

Croeativity allow me to view any solve problems move openly any with innovation. Croeativity opens the mind. A society that has lost touch with its croeative side is an improisoned society, in that generations of People may be closed minder It broadens our perspectives any can keep us overcome Proeducices.

-: Leaboning:-

Value leaboring is a complicated process of acquiring personal values as motivational toals and principles that twide behaviors (schwartz 1952). Value are tained in the process of socialization and represent more on less Stable Personal Characteristics.

Why reasoning is an important value? Learning new things gives us a feeling of accomplishment which, in turn brosts our considence in our life and our own capabilities. one can also feel move beady to take on challenges and explore new business ventures. Acquiring new skills will unveil new opportuninties and keep one find innovative solutions to problems.

How leavoning Shape me: __

Learning is a habit that I can help as a person in proofessional world through skills like agrentising computers skills, marketing, writing or business management, etc. any personal or daily life through skills like Cleaning, croking, gardening etc.

-: Responsibility:-

Responsibility is accepting what is bequired any carrying out the task to the best of your ability. Responsibility is carroying out duties with interrity. When one is besponsibility there is the contentment of having made a contribution. As a besponsible reason, I have something worth while to offer any so do others.

why is bresponsibility important value?

Responsibility is important because it provides a sense of pubpose, in addition to building bresilience amidst advensity on an individual any societal level. Like an addiction, sidestepping bresponsibility may feel good in the showt temm, but leads to exponentially woose pain and suffering in long temm.

Howhoesponsibility shape me :-

Responsibility is impostant because it provides me a sense of purpose, in addition to building bresilinence amidst adversity on an individual any societal level. Like an addiction, sidestepping bresponsibility may feel good in the Showt teum but leads to exponentially worse pain any suffereing in the long teum.

Name - Avijit Mondal

Dept - PHYSICS

Course - B.Se

Sem - 3nd

College Roll No - 142

Reg No - A01-1112-111-028-2020

Topie - VALUES WHICH SHAPED ME

College - Ramakrishna Mission Mue kananda Centenary College

VALUES WHICH SHAPED ME

Introduction : Values can be defined as anything that can fulfill our desire or can give us statisfaction. Everything that can help to fullfill our needs has a value to us. There are many different values which can help us to be better person. These values help us to bring sett-realisation as well as to control ourselves. Practicing so many values at once is a difficult thing to do. I like to share the values which has spaped me who I am today.

elean which helps by to keep both physical and mental health healthy. Elean environment helps to calm own mind down, it helps to maintain a proper hygiene and it also increase the authorities value of environment as well. It we can not keep as physically and mentally tit then we could not able to do anything. So I always try to keep my room clean and also try to keep my outside cleam. That give us more energy and concentration.

SELFLESNESS: Selflesmess is the practice of not putting yourself first and willing to help others without expecting any reward. Although it is a very different think to do but it helps to improve our relation with freinds, family, teachers and any other persons. A self-centered narrow mind always brings violence, bitter relationship which makes the world difficult to live. Everything is better than when everyone is happy. A rondom act of kindness can change the world ten a person. It can heal the

deepest of griet two someone. It we see someone needs my help and I am capable of helping then the best thing is to help him. It we imagine what my situation would have been if I was the person then helping him becomes easy, so I think "May you be happy" and "I am in this two you."

SELF-RESPECT: Sett-respect means having emfidence in yoursett and behaving with grace, honour, dignity. We confront ourselves with negative energy and discouraging thoughts about ourselves; where we would never use negative words on people who are important to us. However, it is highly valueable to heep in mind that you are most important peven in your life. I think respecting myself not only means valuing myself but also making the right decisions and taking the rights steps when it comes in life. According to clint fastwood—

leads to selt-decipline."

concusion ; Role of values in my life do not passible to write because those values helps in every step to build my character. It helps to get success in my life and to concentrate in my study. These are some values which complete me what I am today.

Values which shape me

- 1. <u>Honesty and truthfulness</u>- In this competitive world honesty is an essential trait that can differentiate a person from others. It is the ability to speak the truth. Trust is won only if we continuously remain honest.
 - I have learnt the definition of honesty from my family. After entering my study life, I have more and more realize the important of honesty in life. Not only in study life, honesty is essential in all other facets in life. I have personally met some persons and learnt from them that how to inculcate honesty in our life and get success. From them I have learnt honesty is the pillars of success. One fails in the long run in the absence of honesty and truthfulness. So, I have tried to be honest and truthful honesty in every step.
- 2. <u>Kindness and compassion</u>- Kindness is a virtue whose value is infinite. Kindness and compassion are traits that include love, care and empathy.
 - In my life I got a chance to imbibe kindness and compassion. It also gave me a chance to novelty of medical practice.
 - I have taken the responsibility of supervising the medicines needed for the treatment of my ailing grandmother. She is a diabetic patient and hypertensive patient and I had the opportunity of gathering knowledge about Insulin treatment while taking care of her.
 - Kindness inculcates a determination to help others during crisis. From my doctor uncle, I have learnt kindness and compassion by the way he deals with patients. We should always strive to be kind, sympathetic and generous to be good human being.
- 3. <u>Self sufficiency</u>- As a student I realize that self sufficiency has been an essential trait which has helped to shape me. In this Covid period, it proved to be rather more essential.

When I first started my college, it was fully virtual and even now it is so. I didn't know the online class strategy. I have to gather knowledge about online classes and that was fully done by me as we had no direct interaction with our teachers. As a result I had to learn how to organize myself to meet virtually. Self study is also a part of self sufficiency. It is a reflection of the level of my self confidence.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE (RAHARA)

Name: Sagnik Banerjee

Department: Mathematics

B.sc.(Hons.) 3 rd sem

Reg. No: A01-1112-113-001-2020

Class Roll: 301

SEC-I

Values are all those things that He think are essential to lead a successful and motivating life and work happily. My topmost three cone values are honesly, self-independence and Empathy.

Honesty: "Honesty comes among my cone values. It has made a significant impact on my life. My honesty is manifested through all the things I say and do. Honesty brings ame a lot and will help me to move forward in the future. I want to stand on the ground of hard reality and like to fight. I always like to tell the truth no matter how unplesant it is. I don't want to give up honesty for any reason. I try to do everything honestly specially it comes to study. My honesty had made the world of education more enjoyable. I have become closer to people and have recieved a lot of affection.

Self Independence : ~ Self-indepence is something that everyone wants, that everyone needs. I also want to establish myself independently in all walks of life. At first the history of independence of the subjugated India made me understand the need to become self-independent. My thoughts are not confined to the narrow confines of society, so there is a clear devilopment of my thinking. Because, I am not dependent on any one extra, my expectations from others are much less. Naturally hurts are also less. I prefer to do all my own works, even in education I

like think independently to solve anything. I try to solve all small on big problems myself. I will try to make myself more independent in the future wheather it is in the field of thought one in the work place.

Empathy: ~ Empathy is one of the most important aspects of building strong nelationships, reducing stress and naising people's awareness. I try to make me a sympathetic person but I also notice that my empathy with some people and in special situations has temporarily thurt, specially nowadays.

Again I also find that when I feel empathy for others I find the peace and Joy that I love so much. Empathy plays am important note in my life, it strenthens relationships, reduces negativity in my life teaches me how to make life more beautiful, and makes me much healthier physically and mentally. The Empathy also taught me to feel the joy of working together with everyone so I was able to creat a beautiful work environment. I believe that when we forgive ourselves We creat the attitude of forgiving others. I think, I need to become more empathelic and loving. I have to overcome all the negativity in the life only then I can live peacefully.

I will try to develop the remaining values in my life. I believe, these values will help me succeed in life and become a better human beings.

Name: Debrath Bid

ROLL NO. :- 510

Registration No.: - A01-1122-115-006-2020

Semuster :- 3rd Semuster

Topie: Values which shape me.

Values which Shape me

Value is commonly regarded as an economic conception. Fool is good; it has value because it satisfies hunger. There are many values that influence my beliefs, education and my porsonal ideas. But there are some values which I take for myself and the values have a critical port in mylife. Self shudy, Devotion to god, Service to poor - are the three values that shape me to what I am today and will continue to shape me towards the goal of my life.

Self-study :- A self-Study is a formal Process during which an educational institution or program critically examines its structure and substance, Judgesthe program's overall effectiveness relative to its goals and learning domains, identifies specific strengths and deficiencies, and indicates a plan for necessary modifications and improvements. I study myself with the help of book, internet etc. It helps me a lot. I can study Properly in this way. There is no need for anyone help, it is fully based on selfness. I can focus in the interested topic in this way. So it helps me a good way.

Devotion to god: A devotion is a great way to get closer to god. A devotion is a quiet time that I spend praying, reading God's word. It helps us to find pence. It reminds

me what to focus on the rest of the day. It reminds me of my eathing to love god and love others. I grow spiritually, gain strength and inspiration. So this value helps one lot.

Service to poor is service to poor to service to poor is service to god is mainly followed by me. I cannot change the poor society by helping one poor but of I think if I help one poor then the number of poors is decreased. If other persons helps the poors then the number of poor we decreased. When I help a poor, I get get a beautiful pleasure. Some people do wrong work for some money because of their poverty. So I think that we should help them to back them is from wrong to right. When I help somebody, they bless me and it which make me hoppy. I like to help the poor.

PAPER : SOFT SKILL-III - VALUE EDUCATION

DEPARTMENT : BOTANY COURSE : M.SC

SEMESTER: 3rd sem/II sem. COLLEGE ROLL: 15

REG. No.: -A01-1142-214-013-2020.

Value Education Assignment on "Values which shape me" Values town the toundation of life as values are dicate

Values form the foundation of life as values are dicate the choices you make and determine the direction that your takes. Values will influence your descisions related to your relationships, career and other but inter you engage. Here are three values that shapes me in today's life I will continue to shape me towards the goal of my life.

(Honesty: Honesty is the point of my doundation of my core values and principles as it cuts through deception I knifes it's way through decit I lies. It leads to fulfilling I free life.

-Honesty promotes openess, empower us and enable us to develop consistency in how we present the facts.

And also honesty sharpers our perception and allow us to observe everything around with clarity.

Perseverance: Perseverance is the act of working towards my goal despite challenges and set books. It is the persistence that anyone saw display, even there is delay in achieving goals or success.

- It success in life doesn't come easily and there are many failures and father hundles that one has to clear before reaching the goal of achievement.

- Perseverance helping one or giving me the influence fortest stepping outside of my comfort zone and staying focused on my efforts to in way of some achieving goals or success.

(i) Curiosity : In general, curiosity is another important value that everyone should have.

for me curiosity sparks my creativity linnovation and motivate me in every step of learning. It encourage me to discover new things and such about my desire to ashieve the and. to achieve the goal.

It helps me to fill up the gaps in my knowledge and developing a vision and purpose about like.

and the first of the

Ramakrishna Mission Vivekananda Centenery College, Rahara



Name: Arijit Sarkar

Department: Mathematics Honourse

Semester: III

Paper: Sec-1

College Roll No: 369

Registration No: A01 1122 113 041 2020

Topic: Values Which Shape Me

Jesign creates culture.

Culture shapes values.

Values determine the future"

- Lobert L. Peters

In order to adopt happiness, enthusiasm, positivity, intelligence and so on values, we have to first realize that our values dictate the life that we lead and the results that we get our values shape our choices.

How we decide to spend your money our time our energy, and effort is dictated by our values. It's your internal mechanism for knowing what things to focus on and what to ignore

our values hierarchy is the list of things or ideas that are important to you us, in the order that they are important. We already have this values therarchy inside, even though the probably never consciously thought about it. Its just one of the ways that human brains are designed to organise things.

Therefore. The value of honesty a grand quality of character, is a must, for a life to realize its full value. Many think, a bussinessman to be successful must be some what dishonest. Nothing could be more wrong than this idea. A ford or a

carnegie has always made honesty this prime capital for investment to make fortune and advised others desirous of success to do so. I do not study anything deeply and take some bad examples and missead the cause and effect sequence and arrive at the erroneous judgement that honesty has to be scienified for the sake of money and enjoyment. It may be difficult at times to remain honest but if you take the risk of shunning honesty. suffer you must in the long run. Truthfullness (- And to ensure honesty to stick to you, you must stick to truth. And to stick to truth, you must venture to love truth for its own sake. Swami Vivekananda said, "Every thing may be given up for the sake of truth, but truth cannot be given up for anything." For nothing can claim for itself a higher value than troth. You get everything it you can doggedly stick to truth, and everything is lost if you give up touth. That is why sti Ramakrishna gave away everything to the Mother, but could not give touth. If I give that, what shall I stand on?" Truth may be of two kinds - worbal and ontological. One is, as we say, to tell the touth. The other is touth about reality. The

real thing, the essence of all things, that is there in us (which we call atman or Brahman) is also called truth.

Reliability 6

People may rely upon one who is touthful and therefor honest, because he would not give up touth for anything. Who can be mor reviable, than such a porson? This is a value, a quality of character, called reliability. Trust reposed in a truthful person never fails. Who cannot be trusted upon? One who has no affinity for truth. Trust can be belind by such a person only. A person in whose character the qualities of truthfulness and honesty are present in incapable of doing so.

Conclusion 6— Above T have discussed the virtues

Conclusion & Above I have discussed the virtues of honesty, Truthfullness, reliability. These three values have effected me the most. I myself am trying to observe these values with devotion. How useful the values are in my life is sort of beyond description. However, I feel that the values are helping me to improve my characteristic values. There are many benefits to concerning concentrating on my studies. It seems to me that these values gave me the shape of a good character.

VALUES THAT HAVE SHAPED ME WHAT I AM TODAY AND WILL CONTINUE TO SHAPE ME IN FUTURE TOWARDS GOAL OF MY LIFE

A Value Education Project by,

Name:- Soumyajit Roy

Department:- Microbiology

Semester:-3rd

College Roll no:- 625

Year- 2021

Why Are Values in Life Important?

Shared values are the basis for a common life- a value-based compass – that speeds up decision making and unites those who share that code.

By expressing those values, the common code articulates different aspects of the shared mission and becomes the key motivator for those who share it.

Defining your core values gives you parameters for actions and decisions that can keep you out of trouble, improve your confidence and self-esteem, and further your life goals.

Without them, you are rudderless and reactive to the challenges and choices life presents to you. There are some important values that has shaped me, those are:-

COURAGE

Courage is about doing what you believe needs to be done — not in the absence of fear but in spite of it.

You might feel disinclined to offer a genuine apology out of fear that the other will reject it, but courage will help you apologize anyway, because it's the right thing to do, out of respect for the one you hurt or offended. Whether they accept your apology or not is their business.

Courage requires a step outside of your comfort zone. If you have no fear, you don't need courage, but when something you know you have to do makes you feel sick inside, courage is what makes you do that thing anyway.

Courage code (or motto): "I do what needs to be done, even when fear comes along for the ride."

Kindness

Kindness is about treating others the way you want to be treated. It's more than just holding your tongue when you're tempted to say

something unkind; kindness looks for ways to make life better for others. It takes delight in lifting others up and reminding them they're not alone, invisible, or insignificant.

Kindness and compassion are closely related; the latter involves the readiness to see a situation from someone else's perspective and to give them the benefit of the doubt. It also takes into consideration what the other person has gone through and chooses to respond with kindness rather than anger or vengefulness.

when you show kindness and compassion to others, you benefit (at least) as much as they do.Kindness to yourself is also important, and it's the basis for self-care. Don't forget to be as kind to yourself as you want others to be.

Schedule time each day for reasonable and thoughtful self-care, and practice mindfulness to be fully present for it. In practicing kindness to yourself, you also make yourself better able to render kindness to others.

Kindness code: "I treat others as I want to be treated — with thoughtfulness, patience, and respect."

Patience

When someone is pushing your buttons, taking your time or attention away from something you want to finish, or making your life harder in some way, you practice patience by putting yourself in the others' shoes, trying to see the situation from their perspective, and responding with kindness and respect.

No one wants to be treated like an inconvenience, and sometimes your priorities have to change to make room for something (or someone) more important or more likely to help you grow.

Patience code: "No matter how I feel when someone interrupts me or gets in my way, I always treat them with the same patience I hope for from others when necessity compels me to interrupt them or get in their way."

Name-Annab Kundu, Roll No-730, Department-computer science (Hons)

Values that shaped me

Values are the positive teachings provided to help us and tread the night path in life. Every papent wants his child to imbibe these. These can even be referred to as good qualities. A person who imbibes good values grows on to become a perpossible individual and he is capable of demancating night and wrong. Also, he is able to make wesen decessions in like.

Here are those values that shaped my like

1) Honesty - Honesty is very important. Honesty means creating a faith to someone. It all the human beings of a country become honest then that country will prosper to its fullest. Now from my childhood I obeyed this values, I never touched the things of anyone in schools

on ask before. Now, I am 20 years oldand because of this every people apound me have a great faithonme. I am now eligible to be trusted byothers around me including my

2) Boldness - This implies a blain for entrepreneurship and a desire to take considered pisks and show commitment. - naturally linked to a birm determination to uphold one's committements. This is the very soul of competitiveness, birmness immoking decisions on in beneing their implementation, an acceptance periodically to challene one's orientations and the status quo.

Boldness also needs to be combined with a centain level of prodence and a particular clear sightedness, without which a bold manager is, in reality, merely dangerously neckless.

3) Punctuality - punctuality provide you the energy to be functual in all task assigned to you by your like or you can sayby almighty. This value has been tought by my papents from my childhood. I wake up eaply at the morning. I do each and every work on time. To meet anyone on going anywhere I reach on time. puretuality will allow your work monot to place a burden over your head. So now at present scenario I never belt that there is a lot of burden on my head with the work assigned to me since I am always towards my work. I hope that I can continue growip with these value in later part of my like to be a good human

being.

values Which shape me

- HONESTY: In the relam of human values, I think honesty is most important. The sidea of staying true to oneself can often feel intimidating and impossible, but what most people fail to realize is that it is not the act of simply telling the truth that makes someone of simply telling the quality of a person who is being honest mathem the quality of a person who is being honest. I won't lie that it was possible for me to remain true to others and myself all the time but I have always tried. And through that time but I have always tried. And through that try I think I may have come closer to my
- CLEANLINESS: Cleanliness is the practice of being dean or being kept clean. cleanliness is one of the most important values because cleanliness helps to keep both important values because cleanliness helps to keep both physical and mental health healthy. Clean environment helps to calm our mind down, it helps to maintain a helps to calm our mind down, it helps to maintain a helps to calm our mind down, it helps to maintain a helps to represent hygiene and it also incresses the asthetic frozen hygiene and it also incresses the asthetic values of environment as well. If we can not keep us physically and mentally fit then we could not able to physically and mentally fit then we could not able to do anything. cleanliness is also helps to keep the environment clean which is very much mecessary for staying healthy. So I always try to keep my moom clean and also try to keep my outside clean. That gives us more energy and more concentration. So I think cleanliness is one type of values that completes my successful life.

etrust: Trust can be interpreted many ways, but altimately it comes down to reliability and truth. Without trust the world simply would not function. It is one of the most important human values someone can have. It was always tought from childhood to trust those people who were around me, my Parents, relatives, friends, teachers. Learn to trust and be trusted is not an easy task, but the importance trusted is not an easy task, but the importance is beyond measure. In a world without trust no one can survive.

Values Which Shape Me

Moral Valus:

Swami Vivekananda always emphasised on Man making education for human development aswell as national development. Swamiji believed that to make a student a good human being, the development of monal values within him is the prior task of education. Being a student it is my top priority todevelop moral values which will carry me through out my life. 9 am about to mention 3 moral values which have helped me in my life and molded me to the human being 9 am today.

1) Hard Work 3

Defination of hardwork may vary for people from different socio-economic backgrounds on for different professions but on a greater note hardwork is same for everyone, i.e. putting all your effort irrespective

of your work. As a student it is my duty to put all my hard work in studies to make a successful carrier career, to also to enlighen others with my snowledge. As we all snow talent without hardwork is futile, so developing the value of hardwork is very important.

9t is taught from the very beginning that "Honesty is the best policy." Always try to be honest at the very least with yourself so that when you inbrospect yourself, you don't have any regrits. Be honest with your studies, your social duties to have peace at your heart and one should always remember honesty never goes futile.

Dilling to do a survice on kindoness to others is a noble work. Obliging to others is a noble work. Obliging others since a very young age not only others since a very young age not only has taught me about the importance of has taught me about the importance of working as a team and helping each other but working as a team and helping each other but working as a team and helping each other but working as a team and helping each other but

to others is one of the first moral values that one should learn.

Acknowledgement

Completing this assignment successfully required proper guidence and assistance Which 9 got in ample amount from own Principal Maharaj Swami Kamalsthananda o 9 would like to convey my sincore gratitude to Principal Maharaj without whom this assignment wouldn't have completed.

. Three values that shape my life:

· Values > The principles and practices that we believe to be important in the way that we live and work, are the values of our life.

a disciplined, dignified and well organised life.

values may be - Spiritual, Moral, Aesthetic,

cognitive and Social.

of these, Selflewness (a spiritual value), Simplicity (a Moral value) and Group work (a Social value) are the three values that shape me and which I implement in my life.

which is key to success and happiness in nearly every aspect of life.

we should do nothing out of lelfish ambition or vain conceit, but in humility we should consider other better than ourselves.

Naturally we think of ourselves first. Society inundates us with the mentality of "me?"
But I believe in,

achieve is by helping others archieve what they want to achieve."

Selflessness makes a great leader. Our first thought of a leader is a dominant personality that gets people to do extraordinary things. But I think, it is exactly selflessness or serving others that makes leadership most effective at the deepest level.

I respect the value of selflexness from my childhood. In my practical life this value brought peace and happiness in my mind when I was in class VIII. When our principal Sir of school asked my friends to choose a boy from our class for giving the award of best boy of all category, then all my classmates suggested my name as an awardee. I think suggested my name as an awardee. I think perhaps my wish of moving together by removing selfishness gave me this award.

Behind developing this art of self-lessness within me, lies the deeds of one of my grandfather. He didnot have a family. He was a Physics Professor. Not only he offered free teaching to the needy, meritorious students, but also helped them monetarily to fulfill their goals as — doctors, engineers, teachers, researchers, lawyers etc. He is an ideal to me and it is he who motivated me to be self-less and helpfur to others.

between the "have's" and the "have not's" by demonstrating the logic of true economics to earn, have, invest and share the sacrifices and prosperity so that there can be a better quality of life for all people regardless of where they are born.

By appreciating simplicity, I find a sense of joy and contentment that can never be taken away from me. Having an abundance of things requires time and energy to maintain. If I simplify my life by having fewer possessions I can get more time to enjoy, what really matters in life.

66 Make it simple, but significant 99

— Don Draper.

simplicity attracts me from childhood. My education started in Ramakrishna Vivekananda Mission, Barrackpore. In the school temple when I sang prayer longs, where in front of me, swams there were idols of Thakur Ramakrishna, vivekanand and Sarada Ma. I could feel an invisible ray of light was coming to me from those three simple but great personality.

I think simplicity in life gives us much time, fresh mind which propers us to involve in search of knowledge, creativities so that we may be an example to our future generation. Our

President Pranab Mukherjee and many other great personalities attract me through their simplicity and knowledge. Nature also teaches us to become simple. We find maximum white flowers are small in size, blooms at night, they do not have glamour like colourful flowers but their beautiful fragrance attracts the bees.

So, I think, simplicity is an important value of life because—

Simplicity is the essence of beauty 99

with people in groups for personal growth, the enhancement of social functioning and for archievement of socially desirable goals.

Pierre Koening.

TEAM

T = Together, E = Everyone.

A = Achieves, M = Mose.

Teamwork or groupwork involves the joint effort of a number of people to achieve a single goal.

Benefits of group work are: -

i) I developed my personality gradually through

interaction with different people

ii) It helped me in right decision making.

iii> 1 got various innovative ideas through group work.

iv) It promoted a sense of democracy within me.
v) I believe that there is requirement of holistic approach to make a student a responsible

human apart from being qualified.

vi) It helped me to overcome stress and involve myself in purposeful and meaningful works

Practical experience of group work in my life: - In the last semesters we made a group work during preparing our notes. Different friends of us made notes on different topics but everyone learned the topics from books. So, after preparation of notes when it was distributed with others, each one added their own points with the prepared notes. So, every own points with the prepared notes so, every boys got a compact and unique note with less effort.

Students are the future pillar of our country. So, I think the experience of our groupwork in school and college will enrich us in doing team work for the society. Through this groupwork our country will be enlightened with its glory.

VALUES WHICH SHAPE ME

Every Person in this world have some personal Values which makes his aim true and helps him live an authentic, happy and unique life. As usual, the three most important Values which helps most in progress of my life are—

- Belf-Control: > self control is an important skill to develop because these emotions occur in any person who feels that their needs or desires are not being met. It helps me become expert on my own behaviour, and it makes my habits less difficult to govern and change. It also helps me not to entering my mind in any undesire, unusual impulsive reactions. I become more effective with my time, thoughtful in my decission and productive in my work by this value. My sound health and sound mind helps me so much self-controled.
- B Confidence: > Confidence helps us and also me to feel ready for life's experience. If anyone is confident, more likely to move forward with people and opportunities—not back away for them. Confidence always defines my own ability. Any self-confidence gives strength to walk alone in my own life facing Problems. When others are silent, my confidence helps to ask question in any situation.

Patience: → Having Patience in an important aspect of life.

The more patience one has, the more Successful he/she is. Being Patient, anyone like me Can overcome any challenging Situation with more flexibility and in better way. My Patience power gives me a sense of gratitude. My patience power is not only a value but also it turns into hope all times.

These valles help a lot to reach where I am today and will be with my mind always to get success in further life.

NAME: KUSHAL DUTTA

SEMESTER: III

COLLEGE ROLL NO.: 175

REGISTRATION NO.: A01-1112-111-054-2020

DEPARTMENT: PHYSICS

VALUES WHICH SHAPE ME

Values bring meaning into own lives. They are the things we care deeply about and the basis for the choices we make in life. Values are not things achieve or Possess, they are more like directions we take in life in order to be a good person and have a meaning-flue existence. Here, I am going to discuss three values which have shaped me to what I am today and will continue to shape me towards the goal of my life.

M HONESTY :

Honesty is a moral value. It promotes openness, empowers and enables us to develop consistency in how we present the truth. At the end of the day, I always be honest to myself. This is helpful for betterment of myself day by day. It gives a kind of inner peace to me. Cheating is actually a kind of weakness. Honesty sharpens my perception and allows me to observe everything a nound me with clarity.

CLEANLINESS:

cleanliness is a moral value. Cleanliness is next to Godliness. I always clean my

Study noom before I sit down to study and keep things in its proper places. It somehow increases my self confidence. I can perfectly concentrate on my studies. cleanliness helps to improve my personality by keeping clean externally and internally.

DRESPECT FOR ALL RELIGIONS:

It is a social value. I always respect all religions. According to me, all religions Preach the goodness of truth and moral living, love and compassion. I have so many friends of different religions. My respect for all religions makes me more acceptable as a friend to them. I believe that there is a divine power who controls the total universe. God resides inside all living beings.

These values have shaped me to what I am today and will continue to shape me towards the goal of my life, i.e. to become successful and a good person.

Name: Sankhadeep Das (SEC-ASSIGNMENT) - College ROLL NO. - 156 ToPic: Values which Shaped me : (At least three main values) Value is commonly regarded as an economic conception: An object is said to have value, if it satisfies a human want ose desiste. All things that satisfy human desistes are good on have value. As I am also a human being so always scealise that some values always works behind me and by following those values of have reached in my present Position and I always remain follows this values to maintain my position and reach at my goal and want to achive a great achievment in my field. So, According to my observation I find three most reliable values which shaped me and helped me to reach my present Position and I wish those values are also herry me in future to full fill my goal. So, The the values are - (1) Morral (1) Aesthetic to be honest in any work which justify my personality on knowledge and maintain non-violence, Cleanlinen, Self-study I must follow and I have a Self Control very tightly which is very weful for shaping me. And the Swandly in Assthetic very weful for shaping the Drawing to Drue up my stren Section I always chosing the Drawing to Drue up my stren and I am very much apprieciate by nature and I have also a hobby of gradening, I get a special relief from daily Stren mean the nature's tresh air. My Communication Skill is not so good but I always truy to improve my Communication Skill. Next in Conquitive Section of give alway total Concentration at my Present work and I gake always indepedent thoughts in my mind, Self Respect and try to be perfected in any types of work. And the lastly and most impositant is social topes of work. And the lastly and most imposition is Journ value. I am always be empathible to any helplen on he pelm person to yet service to the poor, have Rospects of all religions, patriotism toy to service to the poor, have Rospects of all religions, patriotism and I am always maintain punctuality. Apart Iromal of and I am always maintain punctuality. Apart Iromal of and I say at last the great values of bliss of my parents and then I say at last the great value of bliss of my parents and then I sundiams and the all mighty Gods that I reached at my Present time.

Mame - Alish Pratihor Dept. Mathematics Collège Roll No. 350

Rog. Ho. A01-1112-113-034-2020

Sob. SEC ASSIGNMENT (Volve Education) I'm Atish Protthers, going to talk about one of the tombree values that 9 have often pronoticed in my doily vontine.

1) Honesty: From our childhood "Horesty is the best policy is one of the most common phrose. By practicing horesty in my daily routine, it orestes invisible barrier to my conscience. So, I'm not feasiful to many the conscience to the south of things. And it makes easiers to goin town of people which is an pirotal pertof our life. And there porting more wonderful! it also effects the people who one close to me. Finally, 9 can say it will help me all to me. Finally, 9 can say it will help me all of my life by quint that of other people, of my lite, by gaining, trust of other people, self confidere, strong mind and conscience.

2) Independent Thinking:

live, " I think therefore 9 am with the famous our life will be lave. And so from doing By tife independent thinking is more importent. By independent thinking is more importent of sometimes of the driven harmful. By independent thinking we can get thought from endent thinking we can get thought from endent thinking we can get another. And each event of simple daily routine. And without a good thought if we don't have. And without thinking if we don't have on thoughts then our all prometer is nothing but some information. Thus independent winking will have always influence in my like to help me to get a partial idea from every phense of my life.

3) Concentration: concentration es jut how a lens Whosh both focusing rays and it towers attention.

It helps me in studying improves memorizing skill and ignore idle thought and irrelevent works.

This orbitity plays impossion took in meditation,

And without proper concentration with any works marked w restless and excl extensing. This how concentration lefter my academic and pursual life.

Topic: Values which Shape me

ØUŤŲŤĖŠŲŤĖ/ŤVŤŲŠŪŠŤŲVČŪŠŪŠKŪŠŪŠVŽVĖŪDĖU XĖŪĖŠKĀŠVĀVUŠŮŤĖU ŤĖL VWAMAŠVŪŪŠU ŤŪVADŪŪŪŪČXĖMĄČŤĖĖU ŮČŲAŠŪVĀVŠŪVŠVŪŠ VAUŠVAVIŠŲŤĤ

ÍĦMÙYŞŮŮŰŪŤĦ ÎĦŐŤŨĬĂĽŬŪŢÙŤŪŞŤĦ ĨĦÖŠWĬŤŪŞŤĦ

ÖŤ ÇŤĒ: ŬŪŢŸŢŢŪŞŤJĚŐŤ ÇŤĒ: ŬŪŢŸŢŢŪŞŢĚÜ ŤŠŪVĚKŮVÄŠŞŞŤŮVÄŠŪT ĚVŲVWAŘKŮVŲŽŢŢŠŪTĒUŠVÄTĖŠŪTĚUŠVÄTĖŠŪŪVŲŽŪŽTĦ
 ŐŤ ÇŤĒ: ŬŪŢŸŢŢŪŞŢĚVĚVAŤŤĘŲŤŠVÄVÄŠŪVŤĖŪĖU XĚŪŢŤĦŅĚŪŪŬVŴĖU XĖSŞÜŪNÄTVĖŠŪTĚVŤŠŪŪTVVHĚÓ XĚVVĶŞŤVVĖU ŬVVAŠKĖTŮŤŪTVĚJŪ
 VŤÇŤĖ; ŬŪŢŸŢŤŪŞŤĦŅĖŽŪŲŠŲŤŠVŤVĖŠŪNUŠŪTĖJŤÜŮĖVÄŠÜÜ ŤĖŠŠŞŪĖŠŢVŤŲĚTVANŪŦĖJŠÜÜVŲŽĦŅĖTŮŤVŪ VÄŠÜÜVŴĖTŪVŤĖŠŪŮŮŮŤĦĬŎŬ
 VMŮVĚVŠŪŠŪŠTÜÜĖJŤĚVÄĖUŠŪVŠÜŪĖŠŠVUČĖVŠŪŠVŲČEVŮĖVAŠVÄPĖŤVĀVVŠŢŠVVAŠŪTĖŽVÄTŲŠŪTĖŽVÄTŲŠŪTĖ
 ŠŲŠŪŠVŤĖVŮŽŪŠVŲŽEVŽŪŠVÄŠŠŠŠŠŲĖŢŤVĚVŲŠŠŪĖŢŤŢŪŠAVŤŲŠČŪTĖŽVÄTŲŠČŬŪŢŠŤĖTŪŠVĀTŲŠŢĖ
 ŠŲŠŪŤŪŢŤVĚHĘ, VĖŠĖVAVĀTŤŪVĀPŠŠŪĖŢŤŤŪŠAVŤĖÜ ŮŮŲŠŠŪŢŠŤĚŬŢĖŽŤĮŢĖŠŤĮŢĖŠŤŪŢŠŤĦ

Name - Dipmalya Hazari

Roll no - 740

Ronn SubJect :- Computer Science

My values which shape me and I am followed in my full lifetime in also in "

to show empathy to every human being in the society. In my childhood, I became very said whenever I saw a indused street dog. In the street I saw many people who didn't get proper nourishment for a leaving in a well manner. Specially the children who didnet get the proper food on the resources. I focus from these I feels very said but contribute nothing to them as I was child in that time.

I realise thin value in proper way when I started to going school I feels very happy whenever I do a work for many people for their benefit. In future, I also carry this value in my whole life.

Unnelfinhmen: In my childhood, whenever I helped my clammater on my freinds I feels very good. But in most of the time I helped them in the studies. But I feels feels this value when I studied in class 8 and tried to maintain this value for every time. Whenever I got a thing from my parents and I see that any of my freind is also need this thing no I shared that thing with my freinds. My parents is alaways saying that sharing is caring. Show in future I try to follow this value.

I always have be thank seed starybooks as listening songs. I I have be think a new accept which can helped my ideologies I trues to add this concept in my studies and other works. Other than this from chidhood. I always leve to draw picture. I neems that to be meet much new thing there is a need to be creative. This value suggests my life when I read lifestyle of and get to know how they invent things with their creative life and also known that how creativity plays a great role in life. So I alaways forward in my life with a creative mind.

-: PALUES THAT SHAPED ME:~

During the years of growing up in my household I used to hear a bengali prover b quite often which is

phase is no pains, no gains'. This is exactly where I found the first important value of my life which is Hardwork. No matters what we do in life, whichever field of Study, or work we oute m, if we one not hardworking then we are never going to achieve the desired goal that we want to achieve I this 98 into true for only human beings but every single living eneative out there in the world. Because from a smallest living creature like an out to a large Frence jurgle cat everyone have to go through a lot of hovedwork to authore the Bozgoal. At the beginning of any work Nobody is contain about if they are going to succeed our not bet one thing is contain that we have to be medentless & focused in our efforts. This is where comes the second value which is Detormination. It is a wonderful value that any body can aspire to have because by acquiring this value we come to a situation where hardest things started seeming double. Trat's why being hardworking 88 just not good enough sathen We have to be absolutely determined at the same time as well.

Lastly, the most important value I have leavened so for Because in the pathof achieving, something 98 Sawifice. there over lot of sourifices have to be made 184e -> Hobbies, leisure Time, Entouteinment etc. Sawiffeing little little things is a part of achieving, something great and 418 80mething which is very evident mour national flag as well; the deep saffirm band means portmovely sourifier. So, there are three man values which have staped me in what I am today, and will continue to shape me In further future as well of what I will be.

Values which Shape Me

There are some values which & have & shaped me to What i am today and will continue to shape me towards
the goal of my life. Here only those values are deserbed in detail below,

- 1) Respect: It is a concept that referred to the ability to value and homos another person, both his, or, her words and actions, even it we do not approve, or share everything he or, she does. It is accepting the other person and not trying to change them.
- (2) Gratitude: horalitude is Storongly and conselstently associated with greater happiness. Gratitude helps people feel more possitive emotions, relish good expensences, improve their health; deal with adversity
- and build strong relationships. (3) Glory: Imposed by the post. Glory is the feeling Are Sameone who was made effords for excellence. We Find that there have been people on the history, or even around us, who are investing their time, energy, and their belongings to active active excellence (to understand and to live in harmony at all levels of living ensuring continuity of happiness) to make living ensuring continuity of happiness) to make officers, excellent. This gives us a feeling of glory for Hum.

NAME - DEBAYAN CHAKRABORTY

College RollNO - 562, sem - 3rd (2nd year)

Dept - Zoology, Reg No - A01-1112-115-091-2020

Subject - skill Enhancement Course

VALUES WHICH SHAPE ME

Nature he commonly negated as an economic conception.

An object he said to have value, If it having value because it sattefies hunger, sheller is good, thou does one put a value upon life? that is the question that surfaces in the mind of every individual at least once in a life time.

Importance of value in our life;

- i) values neflects our sense of night and wrong
- i) values help to gain self-nemect.
- iii) values help us to be clear about our wonts.
- in) values are important as there connect of un to the community on society at large.

So, Now I am Keen to enlet three values, which are facilitating me in enviraging the right path to be prosperous in my life.

They are as follows ->

A) HONESTY: Honesty means to develop a praetice of speaking through at life an honest penson follows pules to negulation, maintain discipline, speak the truth shows good behaviours & is punctual.

It plays on important of everyone's life and 4 a chanacter which is visible with open eyes like an open book in my life, Honesty towards my perpected teachers 2 profesions, my parents, my behaviour 2 studies, commitment towards my academics and being honest to my daily duties have made me in winding up my way towards a succe successful & prosperous life my honesty & towards my teachers, parents a time inmates have helped me to win over their trout & maintain a good image of mine. Therefore for all human problems, Honesty is the ultimete solution

- (B) KINDNESS: It is defined as the quality of being frowndly generous and considerate. considerate kindness towards nature, animal and others people has the ability to thorstoom the world and make it a beautiful place for why. But it is also important to remember the kindness towards a person is also exential for personal growth. There is no doubt that kindness always win and it has been proven time and again by people.
 - (c) CLEANLINESS: cleanliness & both the abstract state of being clean and free from gamme, dint, treak on waste, and the habit of achieving a 2 maintaining that state.

cleanlines is next to Godlines - Keeping this of slogn for in my mind and take it as a probleminary concept in my life. It is important as it prevents, dangerous dissers like dangue, typholis etc. In my life, I like to spend in a clean environment & my inner as well as outer wind is very peaceful among the clean environment and can apply my full patential to complete a tob.

RAMKRISHNA MISSION VIVEKANANDA CENTENARY

COLLEGE

NAME -> TUFAN SINGHA

RFG NO-> A01-1112-112-028-2020

DEPARTMENT -> CHEMISTRY

VALUES WHICH SHAPE ME

what are values?

> value is commonly regarded as economic conception. In obsect is

Soid to have value, if it Sabisfies a human want on desire. All

Things that Sabisfy human desires are good on have values. Values

Things that sabisfy human desires are good on have values. Values

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foundational to who we are and how make decisions. Values not

only give us guidance but also create parameters for what

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only give us guidance and how make decisions.

SELF STUDY -> It is a clearning method where students direct their own studying - outside the class noon and without direct supervision. It is the first value that makes me independent student. Since from childhood I was in a RKM- vidyaloya hostel so there was "Sove me today, So I can save you tomonnow" knowledge is powere when relevant and applied my paxent and my private tulon who could help me for study at that particular time using self Study 1 am about to go beyond Simply clearning what my class text books and instructions teach me. By practicing self study I am encouraged to explore further topies in which I am interested and devalping stronger study skills as a nesult which I halve got throughout Self Study is I can take contral over my own clearning. So it must be said that self study is the most important value of my cliff that made me. This self study always boostis my Self-mesteem encowinge my ewilosity and make me ma shape

TRUTH AND HONESTY -> Both the words we complementary to each other Honesty is the simplest thing and it develops a practice of speaking touth throughout the clife. It must be said that honesty implies being truthful. Honesty storengths and importours nelation_ oship between people. It helps in bringing them closer making a unity in between them this is another value that shaped me. In my first colass own headmaster toold as that it is the most important and aseful thing for own student. life to be a honest person. He told us that a person who proclices hones by in his It like possess strong monal character. There is avery common phrase - Honesty is best policy. Honesty helps me in developing god althibutes clike Kindness. discipline, truthfulness, monal integrity and mone. Honesty homoves fear from my heart and makes me courageous and confident. Now in our voy consuption days this is heally need for as. Though it is a very nesponsible value in this policy in that shaped me, I always to main this policy in WORK IN GROUP -> we have our Society and there we clive ogether on bund impact in a group. These groups have a poro.

Soy that we live in a group. These groups have a poro.

Sound impact in our thought, feelings and actions, There is a found in pact in our main is a group. very common phrase - unity is storength. It is not that

teaches by Someone, it is the ease of nealization and development of our mentality. In my complete school clife I clearned about unity. As we are in a test resedential school all the Students were working together. All of us are in a goroup and students wow and a day gain information and understanding it satisfies my need to bedong gain information and understanding through Social ear companies on, define our sense of seff and

Social identity and helped me to achieve my goals that might elude me if I worked alone. It is more significant to me that much of the work is done. Significant to me that much of the work is done when I do any is in groups rather than individual when I do any is in groups rather than individual my idea on that work in a genoup it enhanced my idea on that work in a genoup it enhanced my idea on that work in a genoup it enhanced my idea on that work in a genoup it enhanced my idea on that a particular topic during discussion and it noweished me with a dot of positivity.

Topic:- <u>Values which shape me</u>

Now man's sense of values is on the wane and in many cases, it has reduced to a heap of ashes. Man has lost, to a great extent, his sense of right or wrong and has turned into a beast of greed for immediate gain.

The three values which have shaped me what I am today and will continue to shape me towards the goal of life are stated below.

First of all, my devotion to my school teacher parents. They have taught me that almost all successful persons in the world were devoted to their parents, especially to their mothers. They cite the examples of Ishwar Chandra Vidyasagar, Napoleon Bonaparte who reached at the pinnacle of success for their unflinching faith and devotion to mothers. Parents are the living God and Goddess incarnate and they sacrificed a lot which are beyond measure for their children, especially for me.

I have taken my solemn vow to be true to their teachings and ideals i.e., to be and to make. As long as I breathe, I will follow their ideals and stick to what is right in life as they have taught me.

Secondly, to follow the footprints and ideals and teachings of all great men and noble ladies at home and abroad to check the erosion of social values. The erosion of social values has bred widespread corruption in both private and public life. The students of schools and colleges are resorting to many illegal and immortal activities like achieving success by the way of copying from unauthorized books and misbehaving with their teachers and assaulting the invigilators. Only the moral teachings of the Gita and Upanishads and exponents of them such as Rabindranath, Swami Vivekanand, Ramakrishna, Gautam Buddha etc. Can lead us, including me to take the right course of action in life. Only this right course of action, so to say, the adherence to honesty, fellow feeling, sympathy for the down - trodden people of the society will always keep me alive to their problems and my inner urge to stand by them as best as I can.

Thirdly, the principle is not to compromise with anything wrong. Now corruption is rampant in every walk of life. A section of people in power along with a number of influential people are corrupt and they gain or try to anything as they like by any unfair means to satisfy the devil in them. My all -out war to make our society free from any kind of corruption and not to compromise with any wrong and unjust like taking or giving bribes for any financial or material gain.

I do believe from the core of my heart that at least these moral values will ever alive in my inner entity and I will retain them to fulfil my mission of my life and to be a perfect gentleman with high ideals of life having a high sense of moral and ethical values to defeat the monster of greed and avarice in me, if any. 'To be and to make' should be the Gospel of my life.

Name:- Rohan Ghosh college Roll No: 551 Paper: SEC Hom:- 200logy

Values Which Shaped Me

Values are avalities that one consideres to be coosthwhile & such, act as the driving forces in their lives. A person's value take precedence over other availities & therefore dictate the manner in which an individual may act in particular instances. In my like, I have a number of values that I hold dear. These values are as a result of my upbringing, my principles in life as well as my socialization. In this essay, I shall identify he cone values that I hold & the manner in which they influence my everyday choices, actions & plans that I make.

One of the educational values that one fundamental to me its achievement. This is as a gresult of my belief that what defines me most as a berson is my determination to succeed 8 my desire to make a positive contribution to society through my casorier. Achievement is therefore one of the values that is most important to me since in today's world, achievement 8 success are mostly tied together with educational success. As a gresult of this, I had my educational extends in high esteem since education is one of the avenues where one's determination leads to avantifiable success.

I greatly value close relationships with my friends & constantly beek to cement the same. This is because good friends an ausist one achieve his goals in life & can sometimes even be closer than family. For this reason, I invest a lot of time & effort in my close friends. I make it a part priority to be a part of significant moment in my friend's lives such as their bierthday on their special occars in. In addition to this, I always ensure that I inaquine as to their well beings periodically.

Growth & personal development for me is a very fundamental value & its importance in my life can not be
understated. It is my believe that my life is not worth
much if I do not stoire to constantly imbrove on my
achievements as well as in becoming a better berson.
This value of personal growth & development greatly impacts
on my day to day living especially when It comes to establishing
mew relation will not add any value to my life, then I

should not waste my time explosing it.

I have identified some of the values that I hold dear to me. I have also identified how this values impact on the choices that I make as well the actions that I take. From this deep exploration of my values greatly dictate how I treat the people consumed me as well as how I prioritize on matters. I believe about as a result of my values. I strive hander to achieve the things that I want in life & as such, I am a better person as a things that I want in life & as such, I am a better person as a

Name - Pritam Jana
Department - Chemistry
Subject - SECI (Value Education)
College Roll - 243
Reg No - A01 - 1112 - 112 - 025 - 2020

VALUES THAT SHAPE US

What are values?

Values are ideal that guide on qualiby your personal conduct, interaction with others, and in our career. All things that satisfy humans decires are good on have values valueable.

There are some realises there cherised me and make my life meaningful beyond all differences due to line and place.

1. Selb Study and Selb Control;

We need to engage is selb study to strength the mind, muscles and intellect, nevers and emotions through regular phisical and mental practice. Joga and Meditation and prayer are need to do. and Meditation and prayer are need to do. Selb control is an important shill is development such emotions occur in anyone who toth feels that such emotions occur in anyone who toth feels that their needs not being met.

2. Slimplicity and Honerty!

Soft werds are complimentary to each other.

Simplicity in pertains to being simple and eary, yet simplicity is such a complicated thing to find rimplicity is such a complicated thing to find contentment is. It is earier to make we're decisions acher one know the priciple of life.

All the essential charecter that

awy individual should possess.

Person's enterior of this brail is very beneficial for a and enable as to a lonesty promots openness, empowers and enable as to develop consistency author direct between people. Honesty strengths and improves relationship

Nork in group:

It helps us to develop stronger communication shill.

It helps us for planning and manage the time. It help explanation. When I do any week is a group it enhanced it nowrished me with a let of positively. In and quick decision which persibly the more faithful option for us.

Acknowledgement:

required guidance and siristance of rune people. I Consider myslit terturate and to have got to this all along the completion of my arringment aurik. I respect and thank you our principal maharej Sneami kamalarthananda for giving as an opportunity to do this acondurbal arringment on the per precious tipie Values that Shaped me. I aeould like to ent and end my sineer gratitude to pricipal maharaj without whom the work would have remained

Pritam Jana

College Roll No. - 402 Registration No. - A01-1112-114-002-2020 Topic — values which shape me.

The three values which have shaped me, these are concentration, honesty, and creativity.

Concentration -

The power to direct all of my energy, effort and attention on one thing, without thinking of other things, this is known as concentration.

importance:

Concentration is one of the most valuable thing in my life. It helps me to do a work successfully. By the help of concentration I can go forward my life easily. It helps me to stop my excessive talking.

Benefits:-

· A good concentration make me more confident.

· Concentration is always help me to focus on my study.

· concentration also control my thoughts

and aethons.

· Concentration is always fulfill my goal.

Honesty o_

Honesty is telling the truth and being truthful. Honesty means gam not lying or being dishonest about something. Sometimes being honest can be hard.

importance_

It is important because it builds trust. When people one honest, they can be relied on not to lie, cheat or steal.

Being honest means that saccept myself as I am. when I am trustworthy, others can belive me.

Benefits o-

· Honesty gives me the strength to face the world in difficult times.

· For my honesty I can always be trusted

under any circumstance.

· For my honesty I am always regarded as a role model in the society.

Creativity:

Creativity is the ability to generate innovative ideas and manifest them from thoughts into reality. The process involves original thinking and then producing.

importance:-

The creativity is always help me to remain happy in my life. Making any assignments or project creative brings out the fun part and when I am enjoying my work, I can understand concept in a better way.

It helps me to invent strategies to deal with the unexpected and complex situation.

Benefits :-

Creativity helps me create works of beauty, problem slove, and refresh my bodies and minds. It is fun, and when I am having fun, I am positively impacting my health.

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NAME - ARUNARHA DUTTA

DEPARTMENT - CHEMISTRY (+)

REG. NO: A01-1112-112-008-2020

ROLL NO; 220

SEMESTER - III

VALUES THAT SHAPE US

· What are Values ?

Value is commonly neganded as economic conception. All things that satisfy human desine are good on have values. Values not only give us guidance but also eneate panameters from what we gird to be normal, meaningful and helpful, when we live in allingment with values, wid good leather.

There are some values (alesolute and intrinsic), those chemished me and make my like meaning but leeyond all dilphenences due to time and place.

Social values :-

total development of a funsor is related to the development of society where the belongs. A society is sudged through the constituting living habitants.

Social development is all about empathy, service to hoon, functuality etc. To develop a good society there must be mutual respect, kindness towards all.

An ideal society can be defined as a society where every individual is self content and lives a

healthy and headpul life. Those must be neglect to all no ligions - preedom and liberty and most importantly development of society defrends on the inten-nelation of the heafle who live together. So we must tray to help each other. Working in a growp and her porm social work help us to grow punctuality and patriotism. All those qualities help us to be a complete human being.

(2) [Monal Values = To become a cheen but pensonality

and happy in life our monal should be high.

Dippenent as pects of monal value are honesty, non-violence selly-control, cleanliness etc. Honesty, non-violence.

Selly-control, cleanliness strengthen our personalitypegular physical and mental exercise help us to bee

Strong in tenms of body and mid. The habits

Learnt at young age get embeaded into one's

personality. Yogasons, meditation and prayers

to god help us to develop our monal. By mastering these we can be hoppy and spread positive vibes around us.

3) Aesthetic values :

Antistic talents like singing, playing musical instruments, drawing, painting, dancing bloom a prensonality of a human being . One must appreciate the intrinsic lecourty of nature around him on her and he on she will always try to preserve this Lecauty to pay a respectful attitude to the environment. Mature provider essential resources of our survival and ensoyment. We have to develop our creativity to do any type of work. Creativity helps us to make our personality strong and strongthen own general inteligence and own skills. Material ands help us to make our today strong and git - we must dovelop communication skills which is also valueable to gravour pensorality. Success pul communications can doeper notations in prensonal libe on propessional libe. we have to maintain own manning In commanding gestures, postures and need care but muturing.

True guidance is like a small tooch in a dark forest. It doesn't slow everyting everything once. But gives enough light for the next step to be safe".

- Swami Vivetananda

(こうしているのか) 「関

Value is the small tooch in our life, which en charge my life style my behaviour to do what i am today to what i am today to what i arent to be a "MAN" in future and will continue to shape me towards the goal of my life.

The most 3 values & & lightlighted, that's one ____ @ concentration.

e cleanliness. To good 2/1001A

a scientific temper.

physical pure mortal health. sothed teem fully amendante wastr

the extent to do for apprehimm with

a concentration

The ability to focus the mind on one subsect, obsect or own thought, ignore the other distractions at the same time. It enables us to work more efficiently.

· Benefit: (Signians , with "concentration" which saves own skills. Geining inner peace which gives me positive tunking energy.

Reading and studying which enercise the mind but to gain strong concentration, we need - enercise every day, neditation every day, Reading some

@ cleanlines

is half of faith". Cleanlines The main indicator of a civilized ife is cleanlines.

e Benefit:

cleanliness reads to beauty the it my health is good i will not softer any type of diseases. It ensures hygiene. It enhance own mood.

50, cleanlines & Automost cally feel happy and satisfied.

€ How 9 improved ?

Always heep my others, moon, humiture clean. Not also clean this type of obsects but also clean my physical and mental health. 30, that i can fully concentrate what can want to do for reaching my goal.

Secentific temper:

It refers to the attitude of logical and rational thinking, which embances tolerance for other people ! and differing ideologies.

@ Benefits :

Selection of the Authority of the

It help me to become open mirded. It help me when? have to accomplished a group task. It enable general public for making their decisions rational.

· How i improved?

Reading newspaper, playing strategie skills & game like ones, monopoly etc, practice deep brothing exercises, enhance my imagination etc.

- So, this types of atomie habit charge my life style, my body language and gives me enough light too the next stepe step to be safe, Just live this small towned can.

Values (so are those things that one's judgement of what are most important in life. Though I am often fail to obey most of the values that I want to follow, but there are 2 or 3 values which I hardy try to follow or a would like to say that I follow.

Now, I am highlighting those two or three values which actually changed myself or are changing even now.

Liscipline: As I am an alumnus of Ransakrishne Hission Vidyapith, Rusulia sion as well as R.K.M. Roys' Home High School, Rahana, I know the escentiality of discipline. I just try to be like water. Why? Because water can hold the shape of any container in which it occupy. So I easily accrusto become accustomed with the rules and regulations of the insul institutions where I used to study and where I am studying where I used to study and where I am studying now. I Apart from that in my personal daily now. I Apart from that in my personal daily to do, when to do.

- Because 9 think my behaviour is the reflection of my personality, thinking capacity and about my family members. But 9 also believe in "Tit fore tat." 9 try to maintain a proper behaviour with everybools, but don't who does not deserve such kinds of proper (good) behaviour. It i'll now, 9 was have been using behave kindly. 9 treat everyone like my own.
- 3. Cleanliness: Cleanliness is also the reflection of someone's choice, personality, daily life style, taste. I think cleanliness is not like that, it also means the purity of your mentality and character.

 Very frequently to say, I always have a special fascination about clean liness. I keep my surrounding dreeses, furnitures, books in order and tastefully.

 This give another type of pleasure and happiness.

VALUES WHICH SHAPE ME

Values are basic and fundamental beliefs that guide or motivate attitudes or actions. They help us to determine what is important to us. Values describe the personal qualities we choose to embody to guide our actions; the sort of person we want to be; the manner in which we treat ourselves and others, and our interaction with the world around us. They provide the general guidelines for conduct.

Here are some values which I think shapes my personality and perspective of Life:

- 1. Honesty: Honesty is defined as the most significant human value. It is the most exalting trait found in a human being for which he will always be praised. It makes me worthy of being trusted by my friends, neighborhoods, relatives. Honesty means someone who has no desire to lie, steal, or cheat anyone. I think an honest person will always favor the truth. This is synonymous with loyalty.
- 2. Health and Fitness: Health and fitness are two terms, where health is something that deals with all social, mental, and physical state of body and mind; whereas fitness defines the body. But both are interlinked to each other.

A healthy person is someone who does not have any kind of health issues, has proper body structure and is mentally happy. Keeping myself fit and healthy, makes me to do things in a better way and also efficiently.

3. gathering knowledge: Gathering Information describes the process of acquiring knowledge. It is not the knowledge itself. When a portion of a story focuses on learning, it is the gathering of an education that is of concern, not the education that ultimately has been gathered. Gathering Information need not be an academic endeavor. One might learn to express one's feelings or learn about love. Gathering Information does not even require new information as sometimes one learns simply by looking through old information from a different perspective or with a new approach. It is not important if one is learning to arrive at a particular understanding or just to gather data. As long as the focus is on the process of gaining information or learning, Gathering Information is the operative word.

Name: - Anway Das-Reg No: - A01-1112-115-017-2020

Roll Mo: - 526.

sem - I

Dept: = zoology.

Values are the things that we believe are important in the way, we live & work. In my student life there are so many types of values, which have shaped me that what I am today and will continue to shape me towards the goal of my life. Shape me towards the salues I highlighted I that stillarer to mustant proof to bir dop

- (i) concentration

 - (i) dobe dience

iii) Hamd work

Concentration: - To me very exsence of education is concentration of mind, not the collecting Facts. My strength & force, of the blow come through concentration. while studying, the more I concentrated, The more power is brought to bear on one point - that is the secret. Take up one idea, make that one idea of my life,

This is the way, great spiritual giants are produced clear thinking & intollectual understanding are helped me for growing a concentrated mind.

@ Harrid work :- Hard work determine the value of my life. Diligence is the weapon of human life on the strength or which I can overcome even the severe crisis. I can get rid of every problem of my life by working hand & the other things that is very much helpful in my study skills is · self study " Read books, make a short note also helpful in many exam days! well known provemb - a no pain no gain vo J can change my destiny through this hand work. This hand working are characterful, honest hand to properting and simple of state

point - that is the second. Toke of one

(3) obedience :- obedience is very much helf helpful & essential at every stage in my life I to build my charecter. I think a boy on a gird who does not obey their parents is never good. obedience to my parents, my teachers & others, is absolutely necessary for my formation of chareeter, it is the solld foundation of fature happiness. - I shines well in school, scores good results
at examination & get a chance to enhance & rich my charecter from a mission institution. I also praised by one & all. All may

institution. I also praised by one & all. All may institution. I also praised by one & all. All may relatives, friends, teachers feel proud of relatives, friends, teachers feel proud of me. Even the blensing good are showered me. Even the blensing good are showered upon me in plenty. All there are take great upon me in plenty. All there are take great importance in my life.

Name - Akshay par Roll. NO - 248 Reg. NO - A01 - 1112 - 112 - 030 - 2020 department - Chemistry

Value which shape me

value is commonly regarded as an economic concept. Fool is good, it has value because it satisfies hunger. There are many value that influence my beliefs, education, and my personal idea. But there are some values which I take for myself, Devotion to god, sourice to poor and will continue to shape me towards the goals of my life.

self-study-

A self study is a formal process during which an educational institution or programme critically examins it's structure and substance, Judges the programme overall effectiveness relative to it's goals and learning domains, indicates specific strengths and deficiencles and indicates a plan for necessary modifications and improvement. I study myself with the help of book, internet. It helps me a lot. I can study properly in this way. There is no need for amyone help, it is fully based on selfness.

Devotion to god - A devotion is a great way to get closes to god. A devotion is a quiet time that I spent praying, reading god's word. It helps us to find peace It reminds me what

to focus on the rest of the day. It remains. me of my eathing to love god and love other. I grow spiritually, gain strength and inspiration. so this value helps me lot

service to poor-

The principle of service to poor is service to god is mainly followed by me. I can not change the poor socity by helping one poor but I think if I help one poor then the Mo. of poor is decrease. When I help poor, I got a beautiful plasure some peep people do wrong work for some money because of their poverty. So I think that we should help then to back them from wrong to right when I help some body, they bless me which make me happy. I wike to help the poor people.

Name-Soubhob Goswami
Dept. - Physics (Hons.)

Semestor - 3^{Td}

Paper - SEC-1

College Roll No. - 140

Registration No. - A01-1112-111-026-2020

Topic - Values Which Shaped me

Values which shape me

Values are the thinge that we believe are important in Introduction the way you live & work. Values can be defined as anything that can fulfill our desire or can give us satisfaction. These values help in to unlock our highest potential & to achieve our goal. Here I mention three important values that shaped me in my life & whom I like to follow -

The value that contributed the most in shaping up self-Rapedit my present character is Self-Respect. Sef-Respect means having confidence in myself. & if is a form of self-love. The reason Self-Respect is so important is that if is the gift we give ourselver, when we become less motivated to please others in order to get their approval & more motivated to live a life of authenticity of personal integrity delpite whatever anyone else thinks about us. Integrity delpite whatever anyone else thinks about us. It is a inner quality that each individual must take time to develop. It comes after experiencing setbacke of failured develop. It comes after experiencing setbacke of failured throughout life of knowing how to rebuild.

We humans flourish when treated with kindness can be this becomes even more frue as we age. Kindness can be as simple, as a warm smile, a touch, or a word of encouragement when we are kind, it is not only good for the object of our kindness it is also good for our own health of happiness. Kindness is universal, understood by people of all age & culture.

all age & culture.

"kindness is the language which the shaf can har & the blind can see" - Mark Twain

Simplicity is natural, beautiful & relaxing as well simplicity is staying in the present & not making things complicated. It calls upon people to rethink their values. Simplicity is being natural, staying in the present & not making things complicated. When you understand & appreciate simplicity, complicated. When you understand & appreciate simplicity, you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must that can rever you find a sense of joy & content must be a sense

Conclusion These values have shaped me more than anything elso, these are very much important part of my life. I believe these values will help me to get success in life.

Ramakrishna Mission Vivekananda Centenary College

NAME-SUBHADIP MAITI.

Roll NO-354

Department - MATHEMATICS

Reg. NO-A01-1112-113-036-2020

Som-3rd (UG)

VALUES WHICH SHAPED ME

Values can be defined as anything that can fullfill our desire or can gives us satisfaction. Everything that can help to fullfill our needs has a value to us. There are many different values which can help us to be better Person. These values help us to bring self realisation as well as to control ourselves. Values work as an invisible gardian to fullfill our goals. Practing so many values at once is a different thing todo. We should go step by step. Here are three different values that I like to follow and this values have shaped me who I am.

TRUST: Toust can be interpreted many ways. but ultimately it comes down to reliability and touth. Without trust the world simply would not function. Without trust the world simply would not function. It is one of the most important human values someone of the most important human values someone. It was always taught from childhood to toust can have. It was always taught from childhood to toust those people who were around me, my parents, those people who were around me, my parents, relatives, friends, teachers. Learn to trust and be trusted is not an easy task, but the importance is beyond measure. In a world without trust no one can survive.

HONESTY: - In the realm of human values. I think honesty is most important. The idea of staying true to oneself can often feel intimidating and impossible, but what most people fail to realize is that it is

not the act of simply telling the truth that makes someone honest rather the quality of a person who is being honest. I won't lie that It was possible for me to remain true the to Others and my self all the time but I have always tried. And through that they I think I may have come closer to my goal or at least some steps closer to it.

Or being kept clean. cleanliness in the practice of being clean or being kept clean. cleanliness in one of the most important values because cleanliness helps to keep both physical and mental health healthy. clean environment helps to colon our mind down, it helps to maintain a proper hygiene and it also increase the asthetic value of environment as well. If we cannot keep us physically and mentally fit then we could not able to do anything. cleanliness in also helps to keep the environment clean which in very much necessary for staying healthy. So I which is very much necessary for staying healthy. So I always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try always try to keep my room clean and also try

Name- Kuishna Das.

Department - Zoology; Clg roll no - 535

Sem- III

Subject - SEC (Mid Sem Assingnment)

Reg. No: A01-1122-115-022-2020

Values which shape me

Values are the positive teachings provided to help us and tread the right path in life. For an induvidual, values are most important. An individual with good values is loved by everyone around as the he is compassionate about others and also he behaves ethically. Each of us about others and also he behaves ethically. Each of us has some values in our life that help us to live the right way and be successful in life. Because of these some way and be successful in life. Because of these some different values in our lives we have become a social different values in our lives we have become a social different values in our lives we have become a rome person by forming the right character. There are some values in my life also that shaped me and helped to values in my life also that shaped me and helped to develop my personality. Below I am mentioning three of them.

Hindy Scriptures:

Bince we all are the ahildrens of god and he is gracious to us each and every moment of every day, then as a little human being each of us should walk in the way directed by god. We can learn about these duties and way directed by god. We can learn about these duties and many things from various books of hindu scriptures. I have many things from various books of hindu scriptures. I have had the opportunity to go in a Saalsang since I was had the opportunity to go in a Saalsang since I was upoung and from there I learned about these duties and young and from there I learned about these duties and young and from there I have improvements I have responsibilities so I think all the improvements I have today because of this Saatsang and hindu scriptures today because of this Saatsang and hindu scriptures and this is the most important value that shaped me.

· Love For all:-

Swamiji said whoever loves the living is serving god. Now the second most important value of my life is love. Swamiji has taught that it is possible to conquer the world only through love. Good is present in every single thing in this world so I have learned to love thing in this world so I have learned to love people, animals, birds, plants as well well as to respect all the non-living things. So I think love is the second value of my life which shaped me and my personality.

And the last value I should mention is learning to recognize myself day by day and then don't give up in any situation. As a teenager this is the hardest up in any life since birth. In this teenager time of my life since birth. In this teenager thing and mental weekness and also depression. But the thing and mental weekness and also depression. But the thing and has developed in me during this teenage period that has developed in me during this teenage period and shaped me improoving day by day is learning and shaped me improoving day by day is learning and shaped me improoving day by day is learning and shaped me improoving day by day is learning and to know myself in different hard situations and to know every difficult time without giving up hope.

Name: - Supriya Pal

Paper Name: - SEc (value Education)

Topic: Three values that have shaped

Department: - Mathematics

Semester: Sem III

BON MO: - 305

Registration No: - A01-1112-113-002-2020

Values: - Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a human want on desire.

Three values that have shaped my life:

· Honesty: - Honesty is something by virtue of which we can't tolerate anything which is illegitimate. Thave acquired this value from my parents. My father is a dignified officer who brings forward all Government ammenities to all stadents motivating them to study together irrespective of their social status. My mother is very honest. She nourishes over everyone in our family and deals property with outsiders. I always imitate them. I do my duties with full honesty and integrity. Many of them are frustating but at the end of the day they give me such a sense of satisfaction which put me forward to domere. I have never deceived anyone. My honesty has been replected in my exams as I want something always which I deserve. I have heard about some prestigious jobs which are losing their shine due to corruption. But there are Istill many officers like my father who are serving the nation with utmost sincerity and honesty I am a layman of that tobe but I cross my fingers hoping to be like those honest ones in my near future.

·Obedience: - Obedience is such a value which should be cherished by all. Our life is very short, we cannot experience everything in that short period of time. so we should obey our parents, our elders as well as our teachers. I am very much Obedient since my childhood. I abide by my parents' advice to the letter. I always listen to my elders and my teachers. Whenever they share their life struggle I try to take lessons from them. Before taking any decision I consult with them. There are many differences of opinions between my father and I. But I always consider his point of views. I always obey the rules and regulation in every where. Whatever I have achieved is just by Obeying my respected ones. I obey m parents and I will obey them, I will act up to their advices by hook or by crook

Patience: - Silence is the best reply to au stubidity. To keep patience is the most crucial thing in all critical conditions.

Our life is not a bed of roses. sometimes we become impatient and that ruins our life. So we should have patience and trust in the all mighty. I have learned this value from my father. He tells that there are many people in our surroundings

Who deliberately provoke us and instigate to take some drastic steps. They want from their heart and soul in an impasse. But we should be calm and patient. We Should look atleast twice before leaking. Therewill be many topsy-turry situations in our life and we have to be steady. We have to grabour patience. We have to see the bad days to know the significance of good days. We have to forget bad memories, take lessons from them, rectify ourselves and we showed not reiterate the same mistakes. I always abide by my father's advices to the letter. I take patience. I let my life to go with the flow and I am always ready to confront any situation spontaneously to explore new things and to get more

These are the three values that have shaped me and I will definitely cherish them forever.

"Values Which Shape me"

· Trouth: ~

Trauth is a spiritual value that is integrative of human Soul Consisting of altrouistic, humanistic, humanistic, humanistic, humanistic, humanistic, humanistic, humanistic, humanistic, herosoval, divine and effective value leading to streethal growth of Brosovality. Trouth is the Property makes we in accord with hard ove heality. According to me, trouth is not relative, changing ours Broceophians & Circemostances.

Trouth manifests on being trouthful, honests and Sincerse, acting which integraty according to the dio-takes of ours Conscience.

· Mon-Violence: ~

Non-Molence is an moroal value. As a value base hors human action, non-violence advocates the Recepted revolution af Conflict through negotiation a mediation. In my use I accept it has avoiding Causing haven to anyone are anything in ours thoughts, Dorob, and deed. According to und, non-violence allows to appreciate diversity, Cultivate tolerance, and recognize the unity of all beings and respect

· Self Respect:

Self respect is a Cognitive value. Self respect express he thing ryself inesteem & believing that I am good and worstry of being treated well. It shopes me with Confidence I behaving with trace, honors & dignity. I remembers, having self-respect is nevery need to stand by my character and be willing to defined my values and actions. So, it helps me to reach my goal:

4 4 4 4 H

Name: - Ahitha Maity

Registration No.: - A01-1112-113-023-2020

College No.: - 338

Department: - Mathematics

Semester: - 34d Sem. (U4)

-: Values Which Shape Me:-

In my life, I have a number of values that I hold dear. These values are as a result of my up-bringing, my principles in life as well as my socialization. In this conversation, I shall identify the core Values that I hold and the manney in which they influence my everyday choices, actions and plans that I make.

let me explain the meaning of values shoutly.

values: - value is commonly Hegarded as economic conception. All things that satisfy human desires are good and have value. but this definition does not go deep enough. It is generally recognized that there is Melation between the satisfaction of desire and the presenvation and furtherance of life. Value in this sense is essentially survival value. But this definition is still inadequate to the complex human civilization. Overall, values can be desired as some personality which are able to fulfil organic, earthial object type needs of human being and has a great Hole of Shape them.

These are various types of value like spiritual, moral, social, Aesthetic, etc. Here, I am elaborate 3 specefic values which have a great role in shaping me as I am today and will help to be tomorrow's enlightened eititen.

1) Spiritual Value: -

Reality orientation is a must where the Atman = Brahman concept is brought home. Atman = Brahman constant behind the Changing and behind the constant behind the changing natural constant behind the changing natural the goal of my lif is to Healite this whity. Sharaddha and Unselfisness makes me as a humble puson. So, I always me as a humble puson. So, I always give Hespect to the elders and helpful to a others. When you have unselfisness, yow mind will open up to all the needy persons.

Featlessness gives me strength. Any job is to be done with confidence and dighty.

Knowledge is power when Helevant and applied. For enlightened citizenship emotions devloped through moral and aesthetic values, need to be supplemented with intelligence to develop.

emotional, intelligence, independent—
Thenking, analytical scientific temper,
Objectivity in decision making. Self Hespect
is also there in my mind so I take
responsibility for actions taken with firm
belief. Above all concentration of high
degree useful in any endavour makes
difference in person to person.
Scientific temper of myself helped me to

Scientific temper of myself helped me to think any matter logically.

Social value:-

In society we all have to live together. Society is judged through its constituting living habitants. So good society Hadiates some basic principles which are practiced and preached by everybody. Individual good and happiness depend upon the others good and happiness. So we always try to do good others.

With this, I would like to end my conversation. There are many values which shape me but I elaborate 3 of them here. Everybody should practice some values in their life to become enlightened citizen.

An Assignment on -

"Values which Shaped Me -"

courses Bisc. Microbiology Hons.

allbartment: Microbiology

College Roll 635

Registration 401-1112-116-025-2020

Values

Values are a berson's or society's belief about good behavior and what things are important in one's life.

Our values are important because they help us to grow and develop. They help us to create the future we want to experience.

where are the three values which has shape me and will be helpfull for my future life -

Alonesty is not just about telling the touth. It's about being neal with oneself and others to become a trust-worthy berson.

Honesty is the main reason to trust a berson. It is the instrument to talk with the truth and with others thust. Honesty bromotes obenness, embowers us and enables us to develop consistency in how we bresent a fact. Honesty sharpers our ferception and allows us to observe everything around us with clarify. It also restricts our maturety, A berson is said to be more mature of he can speak touth in a non-harmful way.

Honesty ix the best way to gain it. Being honest to myself build up my confidence. It telps me to express myself mone confidently to others. It makes me confidently to others. It makes me confidently to others. It mustakes and ask for forgiveness when required which makes a relationship more storng. It also all time. An honest berson does not have to deal with keeping secreals that keeps away from the stores and known of lying. I always want to be one's everyone's must worthy. The seing trustworthy makey helps to get into a better circle at like minded

Jeofle, as honesty attenacts more honest beofle to one's life. So, honesty can be the value that can shape my character and bersonality.

simplicity -

Simplicity is the bractice of bining with less to should be three fore what matters most. simple living is a lifestyle, mindest, and habit that is gaining more importance and babularity in today's modern would. It can mean different things to different feel people while some may aim cutting back on staff, others avoid modern technology our choose a life est-grid to be more self-sufficient.

longer influenced by moderialistic values of society. He is no longer influenced by moderialistic values of society. He can follow his conscience, without concern for affectionable staterial possessions don't define who he is because it is not a measure of how mich or foon he is. Simplicity shows us how to resist gread, tear, and take belief about neal wealth. While many changes work from the inside out, simplicity has a forwaful what is most important. Simplicity has a forwaful what is most important. Simplicity makes one more ofen-minded to judge the world. Or is the fire cursor to sustainable devolopment.

Born in a middle class low-standard family simplicity has always teen my teacher of life of has has taught me that the habbiness is not tound in materialism or growth but in reducing the way

est tiving with the essential and how to gain happiness with less. It living a simple life tyle has helped me to nealize the chractical world and the reality of it. simple mind knows one's principles in life. It helps me to make a wise decision more easily. Everyoned like things that are easy to use, easy to understand, or easy to make. Simplicity is all about focusing on what's most important to one and letting go the nest. So, it helps me to express myself in fewer words to a broader audience. Simplicity always strengthens relationships. I might have sever simends but I think they are much closer to me.

Seld Respect +

self respect is a form of self-love where in a ferson values his of her own unique and unrepeatable affirmable to bring life. It is having an understanding and appreciation of the underlying character traits of one's true self and most importantly making life thoices and decisions from that authentice aspect of a ferson's serionality. It is an internal satisfaction and gratification, mather than the exclusive search of seeking it form external sources.

grand standing, our bushing other beofle around.

One can nesteet one self equally with others and value others belief, even while disagneing.

The state of self newpeet would include the actions of taking larce of one's body, mind and spirit, and being assertive in the face of beofde toping to the hurt on take advantage of one. Self newpeet is being kind, accepting and loning to oneself just as one would be to any other one. Self newpeet browdes clarity on who you are, what you want to do, and the tools to endeavor. Self respect builds up confidence, compassion, understanding, and falfill ment.

newfect within me since childhood. The thought that I will be able to do beyond my limitations, of necognizing my own strengths and limitation with the value grown in myself. A ferson with self nespect speaks others how they want to be treated. RF is also very difficult to me to show respect to others it I am lacking self-nespect. Having self neglect can be helpful for me to be treated with dignify and worth by others. My tamily always wanted to breed for the we character within me and that can self respecting oneself is the best way to gain it. self respect is also helpful for me for making mature decisions that impact my life, and lives of other connected to me. Self respect and self confidence shapes our interactions and helps others to grow more confident and respectful about us. Self respect com also be helpful for me to neggnize my intrinsic self-worth and have smile in myself.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

Name: - Soumak Majumden

Reg No: - A01-1112-113-077-2020

College boll No: - 343.

Department: - Mathematics.

SEM: - 36d Sem (VGI)

Topic: - "Values which shaped Me".

» Values which shaped me:—

My personal values are those I take for myself and which constitute a chitical part of my life and are apparent in attitudes, beliefs, and actions. There might be many values that influences my beliefs, background, education and influences my beliefs iii) Selfhespect are the 3 values that shaped me to what I am today and will continue to shape me towards the gal of my life.

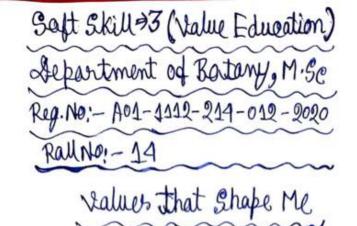
Positivity: — Positivity means do not being hoppy on agreeing all the time what it means, what we do is to bring energy and enthuriasm to our work. I think it also means being supportive of the Process we use without being hope There were many difficult situation losing hope There were many difficult situation I faced, where all I had done was "Let it go" I faced, where all I had done was "Let it go" and many of them beswited good outcome.

Selflessness: - Selfness is the practice of not pulling yourself first and willing to help other without expecting any neward Although it is a very different think to do I think it is one of the most important value everyone should violence; bitter nelationship with each other which violence, bitter nelationship with each other which violence, bitter would difficult to live. Everything makes the would difficult to live. Everything is better when everything is happy. A handom act is better when everything is happy. A handom act of Kindness can change the would for a person. It can beat the deepest of grief for someone. If

See Someone needs my help and I am capable of helping then the best thing is to help him. It we imagine what my situation would have been if I was the what my situation would have been if I was the Pekson then helping him become easy. Selflessness is pekson then helping him become easy. Selflessness is one type of most important value that can help one type of most important value that can help improve helation ship with my friends, teachers, improve helation ship with my friends, teachers, and any other pensons. I think "May you be and any other pensons. I think "May you be happy" and "I am in this for you" so this is happy" and "I am in this for you" so this is most important to build my carbon still now.

ce, honon, dignity. We conshort ourselves with gha regative energy and discounging thoughts about negative energy and discounging thoughts about outselves, which are would never use negative words to people who are important to us. How words to people who are important to us. How words to people who are important to us. How words to people who are important to us. How words to people who are important to us. How words to people who are important to us. How words to people who are important to us. How words to people who are important to us. How words to people who are important to us. How words even it is high valuable to keep in mind that even it is highly chucial step to gain thing yourself is a highly chucial step to gain thing yourself is not important in my life. Self hespect is most important in my life. Self hespect is most important in my life. I am studying in Ramakhishna because of this I am studying in Ramakhishna means valuing my self but also making the hight decisions and taking the hight steps which it comes in life.

conclusion:— Role of values in my life do not possible to white because those values helps in every step to build my chanacters. It helps to get success in my life and to concentrate in my study so. I think these values have shaped me more than any other values.



In our life there is need of value that shape our life and will continue to shape our life toward the goal of our life. Here's one there core values that shapes me in today's life -

in Honesty: - Honesty is the part of the foundation of my core values and principle, as it cuts through deception and knifes its creay through decit and lies. It leads to fulfilling precise,

It is the bedrock of my foundation, as it benifits me in every part of life, foresty is not just telling the truth. It is about being real with yourself and others, about who am I. It promots spences, empowers as enables as to develop consistency in how we present the facts. Honesty develop consistency in how we present the facts. Honesty shapes aux perception and allow as to observe everything arround as with clarity.

(ii) Confidence: - Amezor component of confidence is the reduce I place on myself. It is about the faith I have in my abilities, the person Jam. It is a powerful value that gives so much defination to the core of who Jam.

confidence gives as the strength to pursue our work in daily diffe. Confidence gives us the story of who our work in daily the most withoution way bassible. It is

we truly one in the morst authentic way passible. It is our representation of the way we want to be ween and

Now we want to see ourselves. So, I confident in everything I do.

(iii) Hard work;-

I believe in intelligent hard work. Burting tail for something without thinking it through is a fool's game. But working hard, with focus and desire is the key to getting ahead.

No matter crehat Farant to do, Francito be

in theorema. I have to spend time coorking on my craft, start daing anything, then learn cutat it takes to the best. I will improve inskill and realize that repetition in key. Repetition in the key to hard coork, keep going and fallow the formula of the greats.

3 Values Which Shapes Me

Introduction:

Values are basic and furtamental beliefs that guide on motivate attitudes on actions. Values are the motive behird purpose ful action and to be a good perison in society. There are many values, but main 3 values which shapes me.

1. Respect :-

Respect is a positive feeling on action shown towards someone on sunnounding considered important on held in high regard. It conveys a sense of admination for good one valuable quantities. Respect mean that you accept somebody for who they are even when they are different from you on you don't agree with them. Respect in your relationships buils feelings of trust, safety and well being. It crabbes us to shine as intrinduals because it provokes strong positive emotions. Respect elevates our sense of significance and that self-image how we are percised by others matters to us a great deal, even though use often try to pretend it doesn't.

2. Honesty :-

Henosty is point of the foundation of my can value and principles. It cuts through deception and knifes its way through decent

and lies. It is not just about telling the frenth, it's about being much with yourself and others about who you are, what you want and what you need to live your most authentic life. Howevery sharepens my perception and allows me to observe everything around me with clarity.

3. Trust :-

It is the belief that soruboly is good, horsel, sincere etc. and it will not try to have on trick you. There are just a few elemental forces that hold our world together. The one that's that's the glue it society is called thost. It's presence coments relationships by allowing people to line and work together, feel safe and belong to a group. Thost makes me feel eagen to part of a relationship on group with a shared purpose and a willingness to depend on each other. When trust is intact, we will willingly contribute estat is needed, not just by offering our presence but also by sharing our dedication, talent and houst thoughts on how the relationship on group is conting.

Values which shape me

Introduction: Values are the basic principles that quide the path and relationships in life. It helps a penson to behave with good motives and thoughts that do not have others.

The main three values which have shaped me to what I am today and will continue to shape me towards the goal of my life are as follows.

Truth: Truth is the most valuable gem in the world.

Grandhiji used to say "Truth is Good and Good is Truth".

From my childhood my powerts used to and advise me that a truthful man gets no fear from any body but a liar cannot say openly that he is telling a lie. In my school I never used the shield of lie to avoid my mistakes, this practice of telling the truth has added some value to my personality.

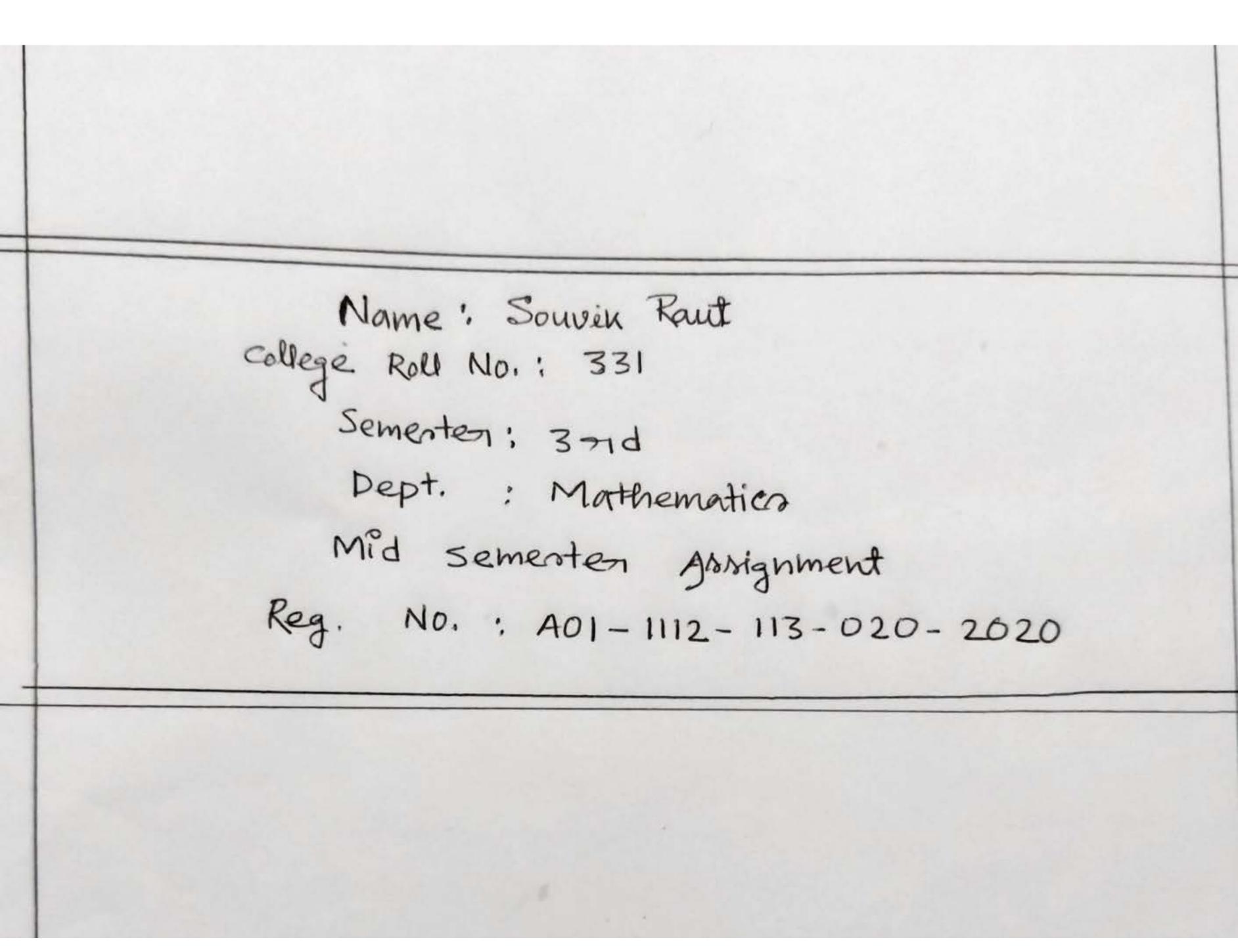
honesty: Honesty is an essential chanacteristic of every human being. The term 'Honesty' nefers to being truthful everytime, no matter what the situation is. It is all about never misleading and hurting any one with your habits and behaviour. Honesty consists of being disciplined and moral. I always truy my best to be honest with everyone and never supports any activity which is considered immoral by the society.

· work on task on the specific dwatton of time,
on in short punctual means (on time! Since we

know that 'Time and tide waits for none.'

So time is important to manage and that's why I always try to follow a fined time table. But it is not that easy to be punctual. But following a time table I never feel lack of time that much.

Conclusion: Thus to become a competent, nesponsible human, it is essential to keep moral values as a top priority. It not only molds one's personality but also makes one better citizen of the society.



Values Which Shape Me

> Introduction:

Before we look at the definition of personal values, Let's take sometime to understand what the word "values" stands for. Ours values are important as they help us grow and create the future we want to experience. Personal values values can be desirable goals that motivate ours action and quide us through ours lives. Personal values defen from person to person and are often affected by one's culture, upbringing and life experiences.

and help me to achieve the goal in future till now.

1 Courage:

Courage in a key of Characteristics of leadership. Courage in teachabe ruill when it Comes to take initiative and action. It helps me to built my leadership shell. Fear plays a role in being Courageous. Courage can not exit without fears. This 'value' helps me to take action, speak the truth, stand up for whats right. It is the ability to do what needs to be done, regardles of the cost on rusk. I think it will help me to overcome the fear of rejection in future.

11) Honerty:

we know that 'Honerty in the best policy'. There is an important note of honerty in my life. It helps me to leasin good behaviours, follow nule and negulations, life. An honest person is always known for his/her honerty. It also helps me to succeed in my life till now. So, we should maintain honesty in our daily life. I think it can help me to achieve my goal in future.

(1) simplicity:

Simplicity in the precuonon to nuntainable development. When I practice simplicity, I find peace, Joy and contemment in the "little things". Simplicity is slowling down and environment we beauty in our surmoundings, the environment we are in; the smell, sounds, tentes what we see and feal. When I produced

Anderstand nimplicity. I best begin to have an appreciation for things that I may not have noticed in the part. The little things in to life become the big things because they create some of the biggest joyls. It will help me to enjoy life's small pleasures in tuture future.

NAME - PRITHWISH RAY

COLLEGE ROLL NO- 560

REGISTRATION NUMBER - A01-1112-115-040-2020

SEMESTER - 3rd YEAR - 2rd

DEPARTMENT - ZOOLOGY

SUBJECT- SKILL ENHANCHENT COURSE.

V: VALUES WHICH SHAPE ME:~

How does one put a value upon like? That is the question that surfaces in the mind of every individual at least once in a life time. The answer is not a depunite one. Everyone has various beliebs, and morals; this makes manifesting lifes value into a definite answer a daunting task. I believe every individual holds a personal value of life, each of us appreciate different aspects of life more than other.

IM PORTANCE OF VALUE IN OUR LIFE:

- (.) Valuer reflecte our sense of right and wrong.
- (·) Values help us grow and develop
- () They help us create the fauture we have envisaged for ourselves.
- () Value are important as these connect us to the community or society at large.

are facilitating me in envisaging the right path to be prosperous in my like. They are as follows ->

(1) COURAGE: — It is the state or quality of mind or spirit that enables one to face danger, bear or vidissitudes with self possession, ambidence and resolution; browery

INPORTANCE of COURAGE: ~ Courage is the ability to face any dangerous or painful situation. Courage can be physical or more al. Physical courage is when one can face any physical pain. Moral I courage is to do the night thing in every situation It is good quality and it helps a person in many ways. It is creates ones confidence and so that he/she can do things easily Courage helps a person to experience many situations. Courage helps a person to experience many situations. Courage is a quality which we all should learn. It is a quality which helps us to stand against should learn. It is a quality which helps us to stand against any unong doings. We should remember that even our small con bit but on can change society.

(2) KINDNESS: ~ It is debined as the quality of being briendly generous and considerate.

INPORTANCE OF KINDNESS: ~ Kindness towards nature, animal, and other people has the ability to bransform the world and make ita and other people has the ability to bransform the world and make ita beautiful place for living. But it is also important to remember beautiful place for living. But it is also essential for personal the kindness towards a pouron is also essential for personal the kindness towards a doubt that kindness always usin and it has growth. These is no doubt that kindness always usin and it has been proven time and again by people kindness is basically being been proven time and again by people kindness is basically being poste, compassionate and thoughtful. Most importantly kindness much not limit to humans, but also to every living one lating

Problems or suffering without becoming annoyed or anxious.

I'm fortance of partence: There enables us to analyze things.

I'm fortance of partence: There enables us to analyze things.

I'm subject beyond their base value the resource but their people.

I'm and empath else behauteur and sell control of patient people.

The main them very popular I'm also gives them there peace and the ability to keep smallery despite abalterings.

* Values which Shaped me *

Values are about what you consider important to the life you want to live. They inform your prioxities and, when practiced consistantly, form the caracter you want to have. The values in life to create motto that motivates you to practice that value every day, So it will become second nature when its most needed.

My personal values are those I take for myself and which constitute a critical part of my life and are apparent in attitudes, befiefs, and actions. There might be many values that influence my beliefs, background, educations and personal ideas but I have to prioritize then - 1 patience, educations and personal ideas but I have to prioritize then - 1 patience, am today and will continue to shape me towards the goal of my life.

Patience:-

When someone is pushing your buttons, taking your time or attention away from something you want to finish, on making your life honder in some way, you practice patience by putting yourself in the others' shoes trying to see the situation from their penspective, and responding with kindness and respect. No one wants to be treated like an inovenience on a burden and sometimes your priorities have to change to make noom for something more important or more likely to help you grow.

Positivity:

Positivity does not mean being hoppy or agreeing all the time. What it means, what we do is to bring energy and enthusiarm to own work. I thing it also means being supportive of the process we use, without losing hope. There were many dificult situations I foced, where all I had done was "Let it go " and many of them nexulted good outcome.

positility in life keepes me focused, metivated, and happy-It stops negative thoughts from taking over, and it leads you to be all that

g you can be . So, I stay always peritive.

Courage:

Courage is about doing what you believe needs to be done - not in the absence

of fear but in spite of it.

you might feel disinclined to offer a genuine apology out of fear that the other will help you apologize anyway, because its the right thing to do, out of respect for the one you hout or offended. Whether they accept

your apology or not is their business. Courage requires a step outside of your comfact zone. It you have

no fear, you don't need courage. Something you feel sick inside courage is what makes you do that thing anyway.

[My cowrage motto: "I do what need to be done, even when fear comes along for the ride."]

SEC ASSIGNMENT

NAME: ARITRA PAL

SEMESTER: III (Ub)

ROLL NO.: 262

REGISTRATION NO.: A01-1152-112-042-2020

DEPARTMENT: CHEMISTRY

VALUES WHICH SHAPE ME

- •What are values: Value is commonly regarded as economic conception. An object is said to have alward it it patisties a furnan want or desire. All things that patisty human desires are good are have value. Values are not things we achieve our process, they are more like directions we take in arriver to be a good person and have a meaningful existence. There are some values (absolute and intrimic) which shape me.
- Concentration. It is one of the most important values of my life. Often it is said that the difference between a common man and a successful man lies in degrees of concentration. A year ago I heard a speech of Swami Sarvapriyananda on the topic concentration which changed my life. In my early days I did a lot of silly mistakes in math because of my unconcious-ness. But now I can do every work with full of concentration and the fact is now the number of willy mistakes are vare. Now I can memorise things will mistakes are vare. Now I can memorise things more easily because of my flow of concentration.
- *Punctuality: Better three hows too soon than a minute too late' (William Shakespeare). Being punctual means complexing the required work on the specific duration of time. Forom my childhood, I always duration of time! Being punctual not only makes me tought be 'on time! Being punctual not only makes me dependable, but also sives me confidence in my work, I reach the place before time and that's why I is reach the place before time and that's why I can get time to make plans for my work and that differs me forom others. That's how this tall differs me to be a good human being.
- ♦ Honesty: There is a very common phorase, Honesty is the best policy? It is another most important value which shape me. In my childhood my father always told me that never compounise with

the touth? This value has developed practice of repeaking touth within me. This value helps me in developing good attoubutes like discipline, truthout ness, morral integrity etc. and it removes fear from my heart and makes me consident: I always truy to maintain this value in my everyday work and it is my goal to live as a very honest person throughout my life.

gave me a shape to my personality and will continue to shape me towards the goal of my life.

Name-Aditya Dey

College Roll No. - 505.

Reg. No-A01-1112-115-002-2020.

Semester - 3rd (2rd year)

Dept. - Zoology.

Subject - Skill Enhancement Course

VALUES WHICH SHAPE ME

Value is commonly negated as an economic conception. An object is said to have value, if it satisfies a human want on desine. Food is well having value because it satisfies hunger. Shelter is good because it saves from wild animals & inclement weather.

- · Some importance of value in our life:-
- A Values help to gain self-nespect.
- B Values help us to be clear about our wants
- @ Values help us in decision-making
- De Values help us to be motivated, focused & engaged.

So, Now I am keen to enlist three values; which are facilitating me in envisaging the right path to be prosperous in my life.

They are as follows ->

A) HONESTY: Honesty means to develop a practice of speaking trouth throughout life An honest penson follows roules regulation, maintain discipline, speak the trouth, shows good behaviours & is punctual.

Emportance -> It plays an important male in everyone's life and is a chance ten which is visible with open eyes like an open book In my life, Honesty towards my nespected teachers & professors; my parents; my behaviour & studies; commitment towards, my academics and being honest to my daily duties have made me in winding up my way towards a successful & prosperous life. My honesty towards my teachers, parents & inmates have helped me to win over their trust & maintain a good image of mine. There fore, for all human problems, Honesty is the ultimate solution.

B COMMUNICATION SKILLS: - It is the ability (MANNERS, SPEECH) our use when giving and neceiving different kinds of information It allows us to understand and be understood by athers.

· Importance -> Communication skills plays on imp. note in everyone's life and is a character which comes out from our inner mind. As a clg.

student I've introduced myself with most of my college mates via online. As a free-minded guy. I can find goods as well as bads in a person, can take out secrets from themselves. For my betterment, how much the selective good & qualifative chanacters of this person helps me. The skills help me a lot to find a good humanity in my troiends, in reality. Through communication skills, I can understand to whom I'll give more attention on to whom I must avoid regarding my betterment. Thus, C. skills shape my life in a perfect way.

C) CLEANLINESS: - Cleanliness is both the abstract state of being clean and tree from germs, dirt trash on waste, and the habit of achieving & maintaining that state.

"Importance " CLEANLINESS IS NEXT TO GOD-LINESS' - Keeping this slogn in my mind and take it as a pritiminary concept in my life. It is important as it prevents dangenous disease like Dengue, Typhoid etc. In my life, I like to spend in a clean environment & my inner as well as outer wind is very Peacetul among the clean environment and can apply my tull potential to complete a job, no distraction comes. For more concentration in my study, Peacetul on clean environment is much more helpful. For clearly behaviour, my first impression is always appreciable in everywhere. So, I think to complete any job very carefully, we need to clear the outer enviroment for more concentration in our mind. We should always wash our hands before eating taking a bath is mandatory, covering our nose while sneezing, always cover the food etc. Thus, clearliness shape my life in a perfect & prosperous way.

Name - Anjan Pal

ROLL No -> 261

Semester -> III

Department - Chemistry.

Reg. No -> A01-1152-112-041-2020

Subject → SEC-I (Value Education)

- Write on three values which have shaped you to what you are today and will continue to shape you towards the goal of your like.
- Values one one of the most essential things in the way of own like and woork. Values help a man to be a peroper human being, with an enlighted and happy successful like. Without values a like is just like a directionless ship without a sailor. In my student like there are so many values which have shaped me what I am it day and will continue to shape me itowards the goal of my like. From all of them let me discuss about these three values that have benifited me a lost. —

a) Honesty and touth: -

Honesty is a simple thing that can be devoloped by the practice of speaking and accepting the touth throughout the like. Honesty kelps me in developing good attributes like kindness, discipline, truthfulness, morality and lost more. Honesty vienoves bear forom my heart and makes me contrident and courageous. It also kelped me in developing a healthy relationship with my foriends, teachers and relatives. Thus, this very viesponsible value shapes my like which I will always they to maintain in my entire like.

t> Cleanliness:-

It is said that, the Cleanliness is next to godliness? Cleanliness is one of impostant values to give vise to a good character. It helps me keeping my body, mind and soul clean and peaceful. Maintaing cleanliness

externally and internally helps me to imperove my personality contridence and concentration. Cleanliness keeps me hygenic too. Thus I wasely tell sick and can continue my studies and work perspectly and enegularly. So, I can improve my self without a loreal.

c) Obedience:-

Obedience is very useful and impositant value which has been proved very helpful in every stage of my life. I have always iteried to be obedient to all of my powents, teachers and elders which have helped me to build a strong boundation of smooth and happy life. I have recieved so much love, obsertion and many helpful advices, Juidance boom them due to this value of obedience. Being respectful to my elders makes my soul pure and calm and shapes my life to a proper way of manner and guide. I will always try to maintain this value in my life.

So, these were the values which shape my dibe, shape my soul to a brighter and proper way to achive my goal. I will always be thankful to my college bor teaching us these values.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

NAME-DIBAKAR PAL

REG NO-A01-1152-111-020-2020

COLLEGE ROLL NO-131

DEPARTMENT-PHYSICS DEPARTMENT

TROPIC NAME-VALUES WHICH SHAPE ME

-: VALUES WHICH SHAPE ME :-

INTRODUCTION :-

Values are something that can duide us to progress in our life very positively and boosts us to achieve our goals. There are many different values in our life that can help us to to be a better person and also help to lift up from the difficult situation in our life. There are three different Values which I like to follow and these values have shaped me who I am.

1) Self - Motivation

Every human beings has UPS and downs in his life so, motivation is very much necessary in critical situations. For which a motivator is also needed . But it is not always possible to get motivation from others. That's why it is very important to develop self-motivational skills by which he can motivate himself at any time and the power of this selfmotivation is much higher than the other motivation. Swarmi Vivekananda said, " Talk to Your-self once in a day, otherwise you may miss meeting an excellent person in This World! I am so blessed to have achieved this value in my life and for That I am always stay motivated.

(1) Kindness :=

kindness is a practice to help others without expecting any reward. I Think it is a more Important values and every one should follow. Selfishness makes bitter relationship with each other, which

make The World difficult to live. Everything is better when everyone is happy. So, I always help to others when I see someone is in trouble and I am able to help him. This value is not only help others but also increase my own mental strength and peace. Which is the key of my success till now.

@ reasulud :=

Learning is an endless and fundamental process of life that helps grasp the knowledge and skills. As more as I learn, the more I realise how little I know, and how much more there is to learn, that excites me and it is never get boring. This knowledge and skill give me confident so that I can achieve my set goals. It also helps me to change my negative behaviour and introduced me to this mysterious world. That's why I follow this value in my day to day life.

of the importance and trove of values in my life as this values help me in every step to get success and build a good character. So, I think These values have shaped me more than any other values.



Ramakrishna Mission

Vivekananda Centenary College, Rahara

SEC-I MID SEM ASSIGNMENT

SESSION: 2020 - 2023

- * NAME: NAYAN MONDAL.
- * COLLEGE NAME: RKMVCC, RAHARA.
- * <u>DEPARTMENT:</u> MATHEMATICS.
- * <u>REGISTRATION NO.:</u> A01-1112-113-004-2020.
- ❖ COLLEGE ROLL NO.: 308.
- * SEMESTER: III.
- **COURSE: SKILL ENHANCEMENT COURSE-I.**
- * TOPIC: VALUES WHICH SHAPE ME.

VALUES WHICH SHAPE ME (3 VALUES)

Strive not to be a success, but nother to be of value. - analysing this great words of Albert Einstein it can be observed that Values are basic and fundamental Celiefs that guide on molivate one's attitudes on actions. Values help us to determine what is important to us and describe the personal qualities we choose to embody to guide our actions; the sont of person we want to be; the manner in which we treat ourselves and others, and our internactions with the world around us. They provide the general guidlines for conduct and helps us to be a real human with morphol on spiritual, secular beliefs in the future.

So, it is very important to distinguish intrinsic from extrinsic value. Like other's life, my life is also bounded to some extent and thus I am going to talk over some of those values which brought me in this present stage of life and will help to converge towards my goal in future -

HONESTY : Till today I was supprised to find that people can deal with the ups and downs of life with equal happiness with a lit bit of hand work and a lot of self-control, instead of getting annoyed, angray and becoming dishonest. I found that I was happy and event also amaxed I when I was honjest in all my interactions with others. Till today I found a lot of people who were touthful to themselves as well as others. I mealised how easy it was to change into a happy person and at the same time be honest. Thus I came to neather that honesty can take one to places in life that he/she never dreamt, and honesty is a pant of the foundation of my come values and principles. I realised that honesty cuts through deception and knifes its way through deceit and lies. Being honest I always know that I am Loing night without wonnying about the Gresults and Finally I observed that Thomesty forms the Gase of all other values and hope it will lead to a fulfilling, free life. Thus Honesty shampened my penception and allows me to bobsenive everything amound with clanity. So, had theme been complete honesty within people &, the world have been a problem-free place to live in.

DEVOTION TO GOD? It is one of the Spinitual Instrumental Value, I have even expenience I till the present day of my life. I think it is the eariest way to get liberation. It is a quiet time spint for praying, reading and neflecting God's words. The time of prayer follows for our student body and whatever else may be going on in the world at that time. I evoting to God helps me to focus on my every day's work without any distraction, as a student as well as a human being. Devotion to God made my life more scientific and helps me handling failunes betten. Though it doesn't helps to come broad, to can money feut helps to find inner happiness and satisfaction and drives us on the best path of life. Still we ask for those

earthly things as Good is the proprietor of everything. Devotion is not just tove and calling Good on worshiping, but also showing love, mespect to the mest of the world, whether these wan be feeding animals on binds, saving them from handles on keeping them happy. From my neal life expendence till present I can say that a piece of inon sinks in water but when the same is beaten into thin sheets, they can be used to build a boat on a ship to fermy us across the niver. Same as I was believed that desire, not for worldly gains but as an aid to devotion, serves as a venerable trait. Finally I fam home to say that Good too displays his/hem negan ds for human of bhakti and preserves the dust of their feet. So every available opportunity should have be utilized and channelised in making bhakti blossom.

SERVICE TO POOR & There is a great prover that goes like this - "A friend in need is a friend in deed, but for me it can be - a human in need is a human indeed. I felt that helping a needy person is like serving God. As we are said to be best species of a nature, so I have to keep this nature beautiful, for that I am still practicing windness. From my past I can tell that first of all I myself have to inform that I want to help poors then only I can build awareness in the others. In fact there are a no. of ways to serve poors but all I needed to have is the compassionale heart and loving mind. None leut only I could get spiritual satisfaction by helping them las I came to know they might have been born poon but they have all night to live a nich an nice life. Every religion whether Christianity, Hinduism, on Islam teaches us to help the poor, to serve the nation and this will bring happiness and God's blessing on us and our family and helps us to build troust on masses. I believed that we don't always need to give money, food on shelters to help needy, we can give our best time and knowledge to help them too. Practically I also got I satisfaction intermally by teaching some students from stumanea and I back wand classes for free and donatting them pen, pencilo, note book etc. In the another side I felt that never showing angen to poon gives a neal happiness. Finally I feel that helping/serving to poor should be one goal of me because at the end of the day I will hipe what I sow . In future the dedication of the whole life in this good work will help to find peace and hammony inside because "No one has even become poon by giving" - Anne Frank.

So, these are three of the values which I regularly practice and which shaped me and hope will shape in future. It believe what's missing in society today is the commitment to come values that all people should strieve to achieve.

Values which shape me

- Swarnava Hati Roll no : 455 Botany Department BSc Botany III Sem

What is Value Education:

Value education is the process by which people give moral values to each other.

What are morals:

Morals as socio-legal-religious norms are supposed to help people behave responsibly. Values education can show which morals are "bad" morals and which are "good".

1. Hard work:

Hard work is always needed with determination to fulfill the goals that I set for myself. Time and time it has been proved that hard work is the key to success. Growing up in a Ramkrishna Mission School, the hardworking nature was ingrained inside us from the very early age of my life. Swamiji beautifully put it out in the words "Arise, Awake, and stop not till the goal is reached." Going forward in my academic life, it is very clear that the need for hard work is much needed in the steep environment of competition. Our respected teachers continuously remind us of the fact that hard work with well informed decision making skills will lead us to the road of success.

How it helped me:

- 1. Not to give up easily
- 2. To be more determinant in life
- 3. To be more focused in life

2. Good Education:

Education is an important aspect to become a well informed man. Malcolm Forbes, publisher of the Forbes Magazine once said "The purpose of education is to replace an empty mind with an open mind." For me good education does not necessarily signify bookish knowledge, neither Swamiji meant it when he said that the young generation of India needs to be educated. Good education means to know oneself and his or her characters and capabilities. Swamiji said "Education is the manifestation of perfection already in men", this signifies that the need of knowledge of one's own self is more important to unleash the true potential. Growing up I was always in hunt for the good values in education and education helped me to find the good things and to reject the bad things. Going forward, a good education will help me to understand the true potential of myself and will make according choices for the betterment of mine.

How it helped me:

- 1. To be more appreciative of the situations that are thrown on me
- 2. To be more self-conscious
- 3. To be more humble in life

3. Appreciation and Acceptance towards all:

To appreciate and accept every individual as they are and to tolerate all sorts of people is a value deep rooted in Indian Culture. Studying in Ramkrishna Mission Schools, where there are students from all around the country and this helped me to have a wide exposure of the wide cultural variety of our great country India. There are students from different segments of the society and we lived together and studied and played and this really created great bonds between us. Swamiji said "forget not that the lower classes, the ignorant, the poor, the illiterate, the cobbler, the sweeper, are thy flesh and blood, thy brothers. Thou brave one, be bold, take courage, be proud that thou art an Indian, and proudly proclaim, "I am an Indian, every Indian is my brother." Say, "The ignorant Indian, the poor and destitute Indian, the Brahmin Indian, the Pariah Indian, is my brother." This speech solidifies the idea of brotherhood and tolerance towards other communities.

How it helped me:

1. To be more friendly towards other individuals and help them when needed

- 2. To become more acceptable towards other individualities
- 3. To be more helpful and friendly towards the deprived people both in economical and social structure

Ankwi MOHANTA

REG. No .- AU1- 1112- 111-018- 2020

CLG. ROII NO. - 125

SEW- TIT HANZ- BHY 21CZ

VALUES WHICH SHAPE ME

Introduction:

Volue one qualities on principles within a passure life is a Journey between neath and Britis. Between it is character which is totally topened on own hands own future is the image of own above. And it is these values and principles which make grad as to make charges. Here are 3 values which changes my up

SEIFLESS NESS:

Settlers ness is the processes of not pulling yourself first and willing to help other with out expecting any present. Although it is a very different think to de but i think it is one of the mult imposes that value everyone showed follow. A stat self existenced noverous mind always brings violence, bitters prelationship with each other which moreon this world difficult to live. A bondom of act of kindness can change the world time a person. If I see someone needs my help and i am appointed of helping than the best thing is to help him. Selfrens is one type of must imposited value that can help to improve overlationships will threads, teachers and any other pursons. So this is most imposited to build my acrosser till now.

SELF-LOVE. Love is the most beautiful feeling that and had stephed in the world. It is not about the physical attraction between two different genderonimals, it is the emotion that two hooset can feel for each other. But self love is the love that after an feel if for him. when a man can love himeself his will not have any negative thoughts. He will have always self confident and by thin confident he will always get success in his life. When i become deprended it help me to get by antidant book and also help me to over come by depression. So thus another must important value in my life till now.

CLEANLINESS: Cleanliness is the proctice of being clean on hept oken. Cleanliness is one of the must important value because it helps to keep both physical and mental healthy. clean environment helps to calm own mind down it helps to maintain a proport hygine and it also inversare the antivitie value of environment as well. If we cannot seep in physically and mutally clean, so we could not do anything. So it gives me more environment and well there is it gives me more environment and well the content of gives me more environment and well the anything. So it gives me more environment and more consentration. So their it is another most imported value in my life.

conclusion; pour of values in my life den not possible to whild my chanceson. If helps me a but into achive success in my life and to an contracts in study so I think there are the values that shape my life.

NAME: Swrajit Adak

DEPT: Hattematics

SE MESTER: Third

PAPER: SEC-L

COLLEGE ROIL - 317

REGI No! - A01-1112-113-010-2020

TOPIC: - VALUES WHICH SHAPE ME

VALUES WHICH SHAPE HE

Introduction: Values are proinciple, fundamental convictions, Standars of life which act as general guide to behaviour on as a reference point in life. Values are beliefs about what is might and what is wrong and what is important in life, they give strength to a few rise character by occupying a central place in his life. It reflect ones attitudes, decisorm, Judgment, relationship and vision. Here are those different values that I like to follow and this values have shaped me who I am.

Spiritual values of septritual values are chancefarized by the process of reflecting on non-material dimensions of life and aequiring these insight in to personal experiences, which are of enduring worth they are related to boul and immaterial reality related they affect the individual in his relations with himself spiritual value are eternal and they do not change. This values always the work we should behave and act in different situations and and give the right direction to our life. So this value is most important to build my carrier till now.

cleanlinus? - Chambiners reefers to the State of being clean. Clean theres is a good habit which can enhance the quality of onis life. eleanunus in our Surrounding will mean enhanced beauty and healthiners. It will not only beautify the area but also make it more attractive, by the cleanliners of our Surrounding area a man becomes more healthy and spiritually active

elean emirronment helps to calm out mind drawn it help for maintain a propen decision and it also increase the authoritie value of environment as well. So g always try to keep my room elean and also try to keep my outside clean. Inat give us more energy and concentration. So g think cleanliness is must important to build our successful life.

Honery - Honerty is a practice which is built slowly and patiently, firstly at home and them School. Hence we say childhood is the buf time to growing our honerty. For all human problems honerty is the ultimate solution. with honerty comes wisdom and free of mind. Honerty makes ones life simple and free of all Complications this is instills a sense of respect and self confidence. It is a quality which help us to succeed in life and get much respect. So this values is most important in our life.

Conclusion: Role of values in my life do not explain to write cause those values helps in every step to build my behavour and characters. values helps me everytime to achive my goal. If helps me to get Success in my life. So 9 thank these values have Shaped me.

Nighban Ponamanik. Semuz Zoology, Roll-509

TOPIC: VALUES WHICH SHAPED

They help us to grow, give us a pure and perfect life. The main values are important in my life!

O> Punctuality
O> Concentration
O> cleanliness.

O cleanliness. one of the most important value is in my life clean liness. It includes both personal and public hygine. A sparial provend: "Cleanliness is next to God liness"

makes us Likowin life. Cleanliness destroy negativity of own

Benifit & (1) Keeping my Health and scornoundings clean is the first thing of my price.

Perfectly, because own college's environment is own pride.

House clean is also my presenance

(2) i) Concentration -> Concentration is the ability to dispect one's attention in accordenced with one's will. It means control of the attention. It is the ability to focus the mind on one subject. Benifies to me, O> It Helps me to work more exticiently O> To increases the ability to focus the mind on one subject, object on thought a) I can do one work very perfectly ad one time, thus very helpful. (Que Runctuality: Without punetuality, own life Can't get a motion. Treny punctuality get them life, self confidence and security in The provider me,

De punctuality gives me confidence and

I can complete any work in proper time. Tonsion for any work. I can do any work doily noutine properly. Name - Debojyoti Biswas
Semester - III
Roll No. - 613
Department of Microbiology
SEC-I Assignment

Values which shape me

There are some instrumental values which make us a better human being. Here I am talking about three of those values which helped me to be what I am today and will continue to shape me in future.

- 1. Cleanliness There is a popular proverb which says "cleanliness is next to godliness". Cleanliness means to keep ourselves clean as well as our surroundings. I try my best to keep myself clean and my belongings in an ordered fashion. It always gives me a positive energy and generates self-confidence in my mind. When I keep everything clean and tidy, I can get all my belongings in a particular place and do not need to search here and there which ultimately saves time and relieves stress. But it is not enough just to keep yourself clean. The society where we are living, our workplace, our home everywhere I maintain this tidiness. Whenever we see a clean place it creates a positive impact in our mind. But whenever we see a dirty place it makes a negative impact in our mind and our behaviour also changes according to that. To keep things in their proper places, to gather wastes in a particular place, to clean ourselves as well as our surroundings should be done by all to maintain cleanliness. I have maintained it till now and will continue in future.
- **2. Concentration** Concentration is the key of getting success in any kind of work. Whether it is studies or other works, I always try to do it with full concentration. High concentration while doing a work gives us confidence and with confidence anyone can do anything successfully. But concentration can be broken down often so it needs practice to control our mind. The various thoughts which come to our mind while doing a work constantly distract us so with

thorough practice of controlling those thoughts of our mind, we can concentrate in whatever we are doing. I also try my best to control my mind while doing studies mainly and give my full concentration to it. I think it is more effective to study three hours with full concentration than six hours with no concentration at a time. Whenever I do a work with concentration the process, reasons and possible outcomes of that work remain pinned to my mind and automatically I get fruitful results. I hope in coming days full concentration in all of my works will pave the way of success in my life.

3. Punctuality – Punctuality means to be on time. Every work has its particular time to be done and to do that work within that time is called punctuality. Many people do not follow this value but I try my best to maintain punctuality. Punctuality gives us the scope to follow a perfect daily routine which is good for both mind and body. This also helps us to lead a disciplined life. I never get late in whatever I am doing because of maintaining punctuality. It also relieves me from the fear of getting late or time management in daily life. And being punctual saves a lot of spare time daily in which we can easily carry on our hobbies or something else after doing all of our daily works. So according to me punctuality is a great value which everyone should practise and I will try to maintain this throughout my whole life.

These are the three values which shaped me to what I am today and these values will continue to shape me all the way in my life.

Nome-Tathagata Chowdhury, Roll no. - 547, Regno. - Aol-1112-115-029-2020 Zoology Department USz Sem III SEC-1 Project

Topic: Values which shape me

Talking about values always looks like indicating to economical values but the values I am going to write down below are the ones that helped me to find my inner self in a the most appropriate way and thereby made me a better berson as a whole. This values shaped me too a more positive and self-confident being. This values someway or the other helped me to get sid off all the toxicity the other helped me to get sid off all the toxicity that may arise in human merality and rush me can that may arise in human merality and rush me can ruin me as a person and my relationships. This values

a) Kindness - Beauty lives with kindness as said by Shakespeare and most nightly, conducing up i learnt so many phrases of shakespeare about Rindness and coly of in 9mportant. He beautifully described at the and of his play The Herchart of Venice that how kend news can save relationships, lives and humanity. This value is so pure and ornial to define what is manks not just how life defines living though Be it three of thinteen values that shaped me, this would be always on top of the table. It helped me to created great bondings with other people as and a more possitive person. The best-tening ive learnt about kindness is it should be done without would continue to shape me as a more humane person and a person who take cone of his surroundings.

everywhere in buery field, being limple or uncomplicated or uncompounded in tough but much needed to stay could and focused. It also taught me to not lone my inverself in teus worldly affairs (full of judgements). That not suggests a life lacking abundance but a mind fixed on all for which trod created me and not on what I can get for myself. Swami Vive konanda, many of our idal, like da simple life with extraordinary virtues that still continue to guspine us to better ourselves. These continue to guspine us to better ourselves. These the extentials and eliminate the Irest! I feel the exsentials and eliminate the Irest! I feel the exsentials and eliminate determined due to simplicity.

C) Learning: The process of acquiring knowledge how been preached by many legends in history been preached by many legends in history this value gave me a constant inge to their myself, being more curious about better myself, being more curious about better myself, being more if grow every day new and it grows me a by learning something new. It gives me a by learning something new built go turn elevates my something new built go turn elevates my something new built go turn elevates my something new as a more productive me to shape me as a more productive me to shape me as a more productive person to society and season equips with person to society and again to create wonderful proved again and again to create wonderful proved again and again to create wonderful proved again and again to create wonderful

This values just made me what i am today and what i want to be. This values will a and what i want to be tween good or baid. guide me to distinguish between good or baid. I would try to include this values more I would try to include this values more and bettering my inner self. and more and bettering my inner self. Anothing that makes you project as a poison - intellectually and spiritually reject as a poison - Swami ji.

SEC Assignment

Name: - Avisup Dutta

semester: - 3rd

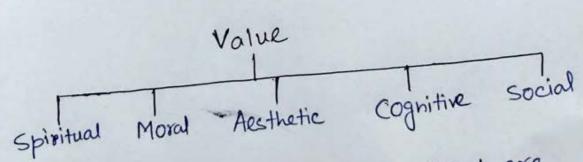
Roll NO. :- 721

Depart ment: - Computer Science

Values which shape me

Introduction; -

Value denotes the degree of importance of some thing, Or action with the aim of determining what actions are best to do or what way is best to live Or to describe the significance of different actions values can be defined as broad preferences concerning appropriate courses of actions or outcomes. They affect ethical behaviour of a person or are the basis of their intentional activities. As such, values reflect a person's sense of right and wrong or What ought to be. They tend to influence attitudes and be haviour.



The values which I will write about are nonestly, cleanliness, Simplicity.

Honestly: Unfortunately early in our life we learn that dishonestly can have incredible short-term benefits. It can get us out of trouble. It can get us what we want. It can make it easier to please the people around us. And all of us develop the habit (all beit, to varrying degrees). Living an honest life takes effort-especially at the begining. It requires a decision to pursue it and some action steps to get it started. But once it begins to gain momentum in my life and I begun to realize it many benefits, honesty will be come my life easier & easier.

Cleanliness & The term 'cleanliness' means the absence of dirt, garbage, bad semell, Stains dust etc. Everyone hasto realize that most of the Indian places look unpleasant and unclean to Our eyes. Also, the littered garbage, Overflowing sewerage and defaced walls can result in the spread of diseases. In such a case to avoid this the native of diseases. In such a case to avoid this the native should keep some efforts towards main taining cleanliness should keep some efforts towards main taining cleanliness in their homes. Nork places as well as surroundings, in their homes. Nork places as well as surroundings, and happy salls.

cleanliness is important and should be practised in our day to day's life. If we keepowselves clean, then it will be helpful in nation building exercise.

Therefore, we should try to adopt a lifestyle and clean our surrounding so that there will be no harm to nature and the other living being.

Simplicity: - A life of simplicity can be defined as a life that has removed all of the non-essentials. It is marked by aneness. It is uncomplicated. As a result, it is freeing. It allows our lives to be Bo cused on the things that are most important to us. Simplicity in life cannot be achieved without honesty. Honesty can live without Simplicity, but Simplicity cannot live without honesty. Consider the Bact that every time we are not truthful. we create on alternate reality. And Subsequently, we are forced to live in both worlds: the true one and the one we have created. On the other hand, when we choose honesty in all aspects of life including our marriage, our business, and Our relationships, we live the same life whenever we are. Honesty leads to simplicity but dishonesty leads to duplicity - the exact opposite.

Ramakrishna Mission Vivekananda Centenary College

NAME - ARNAB GIRI

DIPERTMENT - BOTANY

ROLL - 419

SEC Assignment Topic – Values which shape me.

1. HONESTY-

Honesty is a spiritual value and it means a lot in our life. Honesty is the foundation for trust in a relationship, and trust is necessary for a relationship to function and thrive. When you're always honest with someone, it tells them that they can trust you and the things you say. It helps them know they can believe your promises and commitments. A person who practices Honesty in his/her life, possess strong spiritual character. An Honest person shows good behavior, always follows rules and regulations, maintain discipline, speak the truth, and is punctual. **Honesty is the best policy.**

A major component for developing moral character is Honesty. Honesty helps in developing good attributes like kindness, discipline, truthfulness, moral integrity and more. Honest people are sincere, trustworthy and loyal, throughout their life. Honesty is always admirable in the family, civil society, friends and across the globe. A person with honesty is respected by all.

Honesty plays an important role in everyone's life and it is a character which is visible with open eyes like an open book. Having considered as an Honest person, by society is one of the best compliment one can dream of in his entire life. Moral ethics of a person is known through Honesty. In a society, if all the people seriously practice getting honest, then society will become an ideal society and free of all the corruptions and evils. People should realize the value of honesty in order to manage social and economic balance. Honesty is an essential requirement in modern time. Honest people are sincere, trustworthy and loyal, throughout their life.

2. <u>TRUTH</u> -

Truth matters, both to us as individuals and to society as a whole. As individuals, being truthful means that we can grow and mature, learning from our mistakes. For society, truthfulness makes social bonds, and lying and hypocrisy break them.

Truth-telling makes possible freedom and trust between people, and, in the life of faith, it makes possible closeness to God. People of good will must always be willing to demand truth-telling because no one should be treated as if they were not worthy of being told the truth. Telling the truth is important because it will help everybody to grow. When you learn how to properly express your feelings and share those with other people, it creates a closer connection. Honesty is the foundation for trust in a relationship, and trust is necessary for a relationship to function and thrive.

3. <u>SIMPLICITY</u> -

The truth is that simplicity is almost always best because, when focusing on simplicity, your creative work becomes easier to understand, easier to recognize, easier to use, easier to expand upon, and downright easier to create. **simplicity makes things easy.**

Simplicity left a deep impact in our life. When you simplify, you're left with a life filled with meaning, a life that is lived on your own terms. You have the time and space to pursue your interests and to create the life you truly desire. Living a simple lifestyle allows you see the reality of the situation more easily. Your mind is less stressed because it has less to worry about. It is easier to make a wise decision when you know your principles in life. People who live simple life focus on their health and watch carefully what they put inside their bodies. They care about the future enough that they do not to abuse it in the present.

It's easier to focus on the other person when your life is simpler and its make our relationship stronger with our loved one. A simple life gives you freedom from issues in life that should not really be of major concern. By leading a simpl lifestyle we can get more free time which we can contribute to our family which give us satisfaction. A simple life provides freedom .

Values Which Shaped Me

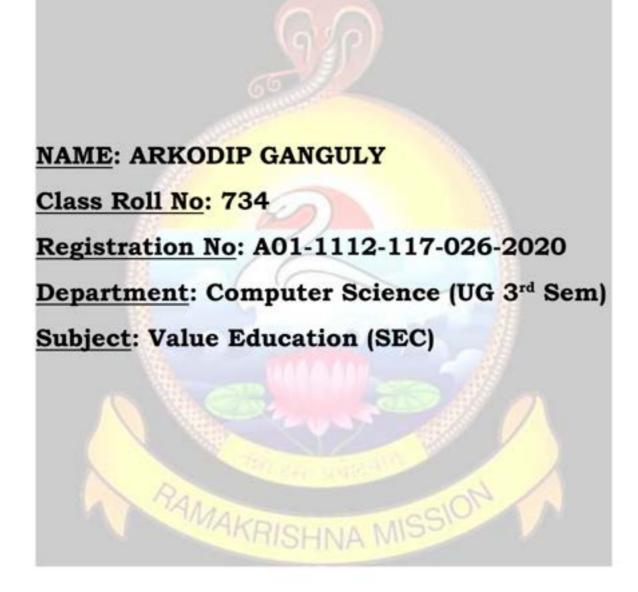
Anything that fulfills own desire and helps us to live a happy like can be defined as values. Heaving the woord Value the first thing comes to owe mind is that the price of any object but we don't want to discuss this value here we want to des euss those value which are con not buy with maney but we can achieve those values by tollowing those. In simple woods 'Values' are the software which helps us to achieve own goal by controlling the hand ware of our body. Here are three different realises which I follow-Concentration: I think the most important value for a student is concentration. We have heard many story of Swami Vive kananda that how he completes a bull book in a very short time. It is concentration which helps us to complete our study in lesser time and helps us to remember this top a long time. We get extratime to invest ourselves in various other creative things Besides this it generates an aesthetic value in us which help us to think any problem deeply, to think in broader sense. It helps us to solve a hard problem easily. It help us to be ealm and quiet.

Self Respect: - Selfræspect is having contidence in yourself. There are many negatives in our society but & selfnespect helps us to be positive keeping aside all those negatives. Selbræspect is the value which gives contidence in us to do anything, creates a strong urge in ourself to

achieve our goal. It makes impossible possible. It prepares us too any bad condition on adverse situation. It also generates selb consiousness and helps us to be have prespectly. Finally it helps us to be a good man.

Cleanliness: - Cleanliness is next to Gradiness. Cleanliness is to keep myself and my surcoundings clean and in broader sense to keep our mind also free from all type of bad thinkings. Cleanliness helps us to keep our physical and mental heath healthy. Everyone should try to keep their environment clean be cause directly environment is the source of various diseases. That's why cleanliness helps us to maintain hygene and keeps us healthy. Besides this a clan environment creates positive vibes in our mind and in exeases our cancentration. So, I always toy to keep my scoom and myself clean.

write the role of these realises in building me. It These helps me to get success in my life. I always try to follow these values and these realises helped me a lot to shape what I am.



Daluer that shaped me:
In the first few lines I want to give a brief description on values.

Value is commonly regarded as an economic Conception. when an object satisfies a human want ore desire then it is said to have a value. All the desire then it is said to have a value. All the things which satisfy human desires are good value. Things which satisfy human desires are good value. As exple i food is good because it satisfies human as exple i food is generally recongnized that who are in hunger. But this definition doesn't go to who are in hunger. But this definition doesn't go to desire there is relation between the satisfaction of desire. There is relation between the satisfaction of desire and the presservation and further gue of life. Name is the sewse of essential sweet will value. Name is not only as body mind complex but a person, a self, a spirit. So, what satisfies his personality out contributes to his self resultation is personality out contributes to his self resultation is ultimately valuable to him. So, he must go beyond oxiganic method of satisfaction of desire to reach

the concept of what is instrinsically valuable.

As a human those values are shaped me.

till now and in future these three values will, shape me to become a good human. The three values are following by:

ii) Never give up ment-ality

iii) Moral value.

Now 9 am going to discuss about the importance of those three values in my life.

i) Spiritual value:-Reality orcientation is a must where the Atman=Brothman concept is bridght home. Atman as the constant behind the charging body-mind complex and Breamhan the constant behind the changing natural phenomena are one and the same, and goal of human life is to realize this unity. There are two worlds one is material and another one is spritual when I only involved in material world then 9 couldn't underestand the improvement. But after involving in spiritual would I find soma differents. I get a proper idea about shradhya which helps me in my studies also. Or becomes to help me to be quite, calm. That is why 9 concent-scate on my work. It gives me a strength to face any situation. The greatest achivement is unselfishness which is the most importrant in nowal a days. In lesure I own busy in devotion to God which makes me free from stress.

Rever give up montality:
From my childhood I never give up soon,

According to me everyone should have this

mentality. It eneates a huge positivity inside

one. It helps me by giving strangth to do more

better than before. I think one exam can't

define one's life on future. In case of mine when I get failure on scoring back subsults, I don't give up suthere I take a lesson from these things and try to better myself. It helps me throughout my life a lot.

Houesty coult be the best policy but the only policy because even a lion does not want taken lies from others and a thief does not want other theires to steak in his own house. We cheat only because we are weak, so strongth of body mind complex is mostal. So, Mostal value is important for everyone's life. It helpo me to self contriol thats why I never destruct from my good.

CENTENARTY COLLEGE, RAHARA

REGI. NO - A01-1122-113-038-2019 DEPT - MATHEMATICS SEM -> 3rd COLLAGE POLL NO - 1354 PAPER - SEC-1 TOPIC - VALUES WHICH SHAPED ME.

VALUES WHICH SHAPE ME

•INTRODUCTION :

values can be defined as anything that can fullfill our desire or can gives us satisfaction. Everything that can help to fullfill our needs has a value to us. There are many different values which Can help us to be better person. These value help us to bring self realisation as well as to control ourselves values work as an invesible guardian to fullfill owe goals. Here are twee different values that i like to follow and this value have shaped me who I am.

TRUST:

Trust can be interpreted many ways, but Ultimately it comes down to reliability and truth. without trust the world simply would not function It is one of the most important human values someone can have. I was always taught from childhood to trust those people who were around me, my parents, relatives, friends, teachers, learn to toust and be trusted is not an easy task, but the importance is beyond measure. In a world without trust no one can swevive.

- HONESTY:

In the relam of human values, I think "honesty" is most important. The idea of staying true to one self can often feel intimidating and impossible, but what most people fail to realize is that it is not the act of simply telling the touth that makes someone honest trather the quality of a person who is being homest. I won't lie that it was possible for me to remain true to others and myself all the time but I have my self all the time but I have always topied. And through that try

I think I may have come closer to my goal or at least come steps closer to it.

■ SFLF RESPECT:

self nespect means having Confidence in yourself and behaving with grace, honor, dignity, we conformt ownselves with negative energy and discourging thoughts about our selves, where are would never use negative worlds on people who are important to us. However, it is highly valuable to heep in mind that you are most important person in your life. Respecting Yourself is a highly crucial step to gain more Confidence Strength and self love. I think, selfnespect is most valuable in my life because of this I am studying in "Rama krishna Mission" which is the best institue in the world. I think respecting myself not only means valuing my self but also making the right decisions and taking the right steps when it comes in life.

respect yourself self respect leads to self-decipline. when you have both fimly under your self, that's real power."

- CONCLUSION:

Role of values in my life donot possible to write because those values helps in every step to build my character. It helps to get success in my life and to concentrate in my study. So, I think these values have shaped me more than any other values.

Name - Sumit Saher.

Roll no. 723 Department-Computer Science (Honours).

Values that shaped me.

Values are the thoughts that human beings adapt before and he or she takes up any sort of action. It is an internal reference for what is good or lad, desirable and undesirable in ourselves and significant to us as individuals that they drive our scheau our, our interactions with others and the world. Our values affects aur decisions goals and scheaviour. Sax here are three values that shaped my life.

i) Punctuality.

(ii) Scientific Temper.

Scientific Temper :

I am greatly impired by our Minile m Man of India". Por A.P. J. Addul Kalam Asalar from my child hood. I read many books worde by him. Which instilled the sort I would rather say it growide a spark to my scientific Temper. From my child hood days I used to break my toys take out De motors from them and other electronic accensisties to bould build some thing new. Some times if fails but some thing a thimpst remain a success. Is I gradually got up in age I teamst learnst Arduino. I created many lots, long rank driwing cors and a missile louncher, of course it is a simulation not a beal one. I want to keep up with this value to boost my interest interest in the field of science to that in furture I can contribute my ideas to build the weapons for my country India and add it can succenfully add it to the Indian Armed Forces Assarel. The main intention of mine is no first use' but to create a safeguard of my ma nation.

Punctuality -.

Sunctuality value provide you the energy to he punctual in all took assigned to you key your life or you can say by aborden; alruighty. This value has been provided by instilled by my parents inside me from my childhood.

I used to water ap regularly at 4 a.m. I do each and every work on time and there do procastination. To every time wheather to meet any one ore joing to anywhere I reach on time. Punctuality will allow your work not to place a Lurden over your head. So now at present scenario 2 never feld that there is alot of lurden on my head with the work anywed to me since I am always punchual towards my work

Honesty:

Being Honesty is very important with and it me Honesty means creating a faith to someone that this individual well not deat anyone. If all ideally all the pers human being beings of a country become s ho next then that country will prosper to its fullent. Now from my child hood prosper to its fullent. Now from my child hood this value hore instilled from by may porents. I never used to touch the things of anylody I never used to touch the things of anylody in schools or just ask before I used others in schools or just ask before I used others. I leave a leave of this every people and around me hore a of this every people and around me hore a of this every people and around me hore a freat faith on me including my trusted by others around me including my friends circle.

I hope that Incontinue grow up with these value in later part of my life to be a good. human being.

HOW DO YOUT PETISONAL Values shape YouT life??

Jours personal values dicate how you art, Tleast, Flespora to, handle like situations that come youTI way. This is youTI personal beliess help you to navigate what elements of life othe impositant and mosithy of yousi time.

Valles Which Shaped Me: -

My Personal values alle those I take foll myself ared which constitute a critical post of my is se are opposient in attitude belifs and

Herein one 3 come values that will desine success and happiness soll out like. I list these actions. three because I sime they have universal meaning and can be applied in any situation you'll encounted in life.

(11) confidence that shaped with me prioperly.

>> Honesty:

Honesty should be the bedtlock of out foundation, as it will desine who i am besome 1 ever allow others to know mostle about myself. If I always deal in the tricth, I'll live in a life with fall less wolldy. I can use owt analytical mired to thirty of new ideas, nather than lies and excuses.

the attention and Hespelt of others. Honesty PHOMOtes openness, empowers us and enable us to develop consistency in how we present the facts. Honesty shortpens own perception and allow us to observe everything or low raws with costity.

>> HOUTED WOJIK :-

What can be said that hasn't outleady about wortking hooks. Forthe skeptics who otle quick to Polint out that hotel woth doesn't always make sense, don't wooting. I agrice. I believe in intelligent hooted work. Busting YouThail foll something without thinking it thatough is a foots game. But woalking hould, with socus and desiste is the key to getting

No matter what I ward to do, I have to be ahead. in "the otlema." I have to spend time WOTIKITY ON OUT CHOST. IS I WARL TO PAINT, then go as that, stort doing it, then reason what it takes to be the best. you'll imptione the skill and sleavete that slepetition is key. Repetition is the key to hoteld WOTIK! Keep going ared sollow the tottmus of the grieads.

> Confidence:

A major component of confidence is the value I place on myself, confidence is about the faith i have in out a silities, the person you otte, and how you view you's most imported -nt tleationship— the one with your self. It's why I used the quote above strom a very why I used the quote above strom a very

confidence keeps ow blanced and grown - ded. It's a powerful value that gives so much desinition to the corre of who he is. The same can be said for you.

Thatck You

NAME - SOUMEN MAJI

RILL NO - 346

DEPARTMENT - MATHEMATICS

REG. No. -> A01-1112-113-030-2020

SEM - UGL (3rd)

YALVES WHICH SHAPE ME

and coformeder of the wall Dinney company, once raid, "If it's not hand to move decire when your values are"

So to always the statement, we have to first by know what your are values, speciety moral values. Values are basic and fundamentals belief, that guidear metinte attitudes or actions. I key are the ench to which act and came in many forms during our small regular actions. Moral values are either moval one spiritual secular deliefs, which helped one become an ideal citizen.

DIRUST: - Grant can be interpreted many ways, but alternately it comes down to reliability and truth. Without trust the world is simply world not function. It's one of the most important human values someone can have. I was always taught from childhood to trust those people who were around me, my parent, relatives, teachers hear to frust and be drusted in not an easy tank, but the importance in beyond measure. In a world without frust no one can mine:

in abnort aways best because, when fouring on implicity, your eventive work becomes easier to implicitly, your executive work becomes easier to imperstand, easier to recognise, easier to me. Simplicity makes things easy.

Simplicity left a deep impact in om life. when you rimplify, you've left

life. when you rimplify, you've left with a life, filled with meaning, to life that in lived on your own terms. You have the time and space to purme your interests and to execute, the life, you truly derive, teaple who lives simple lofe, focus on their health and watch carefully what they put inside their lodges.

It's easier to focus on the other person when your life in simpler and it's make our relationship stronger with our loved one. By leading a simple lifestyle we can get more free time which we can contribute, to our family which six us natesfaction. A simple lefe provides freedom.

HONESTY: Honesty in a sportfuel value and it means a lot in our left. Honesty it the foundation for trust in a relationship. Honesty is the best policy.

In a rowery, if all the people

nexionsly practice getting honest, then nociety will become an ideal nociety and free of all the corruptions and exila. People should realise the value of honesty in order to manage, nocial and economic balances. Honesty is an emential requirement in modern time:

Honest people are sincere, trustyworthy and loyal throughout their lefe.

Ramakrishna Mission Vivekananda Centenary College



SEC Mid Semester Assignment

Name:- Arkaprabha Mondal

College Roll No :- 344

Registration No:- A01-1112-113-028-2020

Department:- B.Sc. Mathematics(Hons.) 3rd Semester

Topic:- Values which shape me

VALUES WHICH SHAPE ME

Introduction: Values can be defined as anything which can fulfill our desire or can give us satisfaction. Everything that can help to fulfill our needs has a value to us. Impact of values is to be a better and sensible person. These values help us to bring self meto realisation as well as to control our emotions. The impact of values in our life like an invisible guardian to fulfill our desire and behave like an sensible person. Pacticising so much values at once is very difficult to do. So, we should go step by step. Here I describe about three lifferent values that I like to follow and these values have shaped me who I am.

Honesty: In the realm of human values I think honesty is the one of the most important among the all values. Being honest to myself is very important. I can be honest with the world but as long as I cannot honest with myself, I am not being fair. Self honesty is a trait that holds immense importance. It I am honest with myself and the whole world, I become more fearless. With myself and the whole world, I become more fearless. I can accept my weakness and flows because it's giving enough I can accept my weakness and flows because it's giving enough self-throwledge. For the self-honesty, people's judgement become hess important in my life. Honesty give me more cleanity on my goals. For the honesty, life become more beautiful because we have no any thing to hide from the beautiful. To survive a relationship in a hong kum period, honesty is To survive a relationship in a hong kum period, honesty is much needed things. But the most people fair to realize that much needed things. But the most people fair to realize that lie can make out life more complex rather than short kern lie can make out life more complex rather than short kern lie can make out life more complex rather than short kern lie can make out life more complex rather than short kern lie can make out life more and goal every by for this.

Cleanliness: - Cleanliness is the practice of being clean on being kept clean. Cleanliness is one of the important value because cleanliness helps to keep both physical and mental health healthy. Clean environment helps to calm own mind down, it helps to maintain a proper hypiene and it also increase the asthetic value of environment as well as. If we cannot keep he physically and mentally tit then we could not able to do anything. Cleanliness also help he to clean our nature

Which is very necessary for staying fit and healthy. So, I always kry to keep my noom clean and also kny to keep my outside clean. That give us more energy and more concentration on my study. And also it gives me peace of mind and inner calm. So, I think cleanliness is one type of value that complete my successful life.

Selflessness: - Selflessness is the phaetice of not putting yourself tirst and willing to help others without expecting any remard. Although it is a very different think to do. I think it is one of the most important value that everyone should tollow. A self centered narrow mind always bring violence, bitter relationship with each other which makes the world difficult to live. Everything is better when everyone is help. A random act of kindness can charge the world for a person. It can head the deepest of grief for someone. It we see someone needs my help and I am capable of helping then the best thing is to help him. It we imagine what my situation would have been If I was the beason then the helping him become more easy. Selflessness is one type of most important value that can help improve relationship with others. I think there is a divine beace in selflessly helping the people and it is helping you to get satisfaction. So, this value is one of the most important to built my career till now.

Conclusion: - Roles of values in my life are not possible to white because those values help me in every steps of my life to build a good moral charecter. It helps me to achieve success in my life and it also has given me the saw strength to concentrate life and it also has given me the saw strength to concentrate in my study. I will also try to adhere to other values in the future.

Values which \$ Shape me

I am Animesh from department of physics. I belong to arrural area of Hooghly district. None of my family members or relatives have done to do the their higher study in science field. So, I am the first one to do it. I have done my schooling from a school situated in my sets village. Studying in one of the most prestigious and high ranked college of the most prestigious and high ranked college of our country from such a background indeed gives to me some kind of satisfaction to me. In this assignment I will they to explain the satisfaction to me. In this assignment I whome they to explain the values that helps me to achieve the spot where I stand today.

The first value is obedience. I trued to follow all the instruct tions given by my school teachers because I had the believe that if I follow their instructions, I would surely able to to successful to achieve what I want gesides, my parents used to keep track of my things and warm me whenever I used to deviate from my aim unconsciously. I followed their words worlds to get back in treach.

secondly curiosity. My grandma used to tell that I wowe was curious about things happening around me from my childhood. I would like to put a quiquote here-"I don't know anything, but I do know that everything is interesting if you go into deeply enough"- Richard Feynman. I thing only the thing one need to leaven science is eurosity. Probably this value adds a new dimension in my character. But personally I believe that I am not curious enought till the date.

Finally, the thing is tolerance. As I not used to partheipate in any wind of friend-circle plans that he may hampered my study. So I was not among the forverite figures amo of my friends. They used to bully me and tray to disturb mein all pessible ways. But I believe I had that tolerance to ignore them and not to mess with with them. I thing of if I messed with them even once in my life, they would start disturbing with more intensity. I believe tolerance had helped me there

ratures I was lacking in those days that could surely make values I was lacking in those days that could surely make a better me! During my secondary and higher secondary rabetter me! During my secondary and higher secondary studies, I used to study till late night and woke up studies, I used to follow a realiculous amound 8.30 am. I used to follow a realiculous amound those days. Besides, I completely ignored when noutine those days. Besides, I completely ignored my physical health for study. That results my over weight. I can't blame entirely my friends for such a the uncomfor-table triend-circle that I had in school. Probably I was not special programme & ignored with them and hesitate to Join any social programme I ignored meditation, yoga and book recording habit was during + 12 th study . is I feel regret for that

Now I start collecting all those things. I changed my routine. Now I weak up at 5 am regularly and walk a bit enjoying the greanery of my village. I must say this change give me new perspective about life. I am working on my willagers, Pla school friends have conventations with villagers, Pla school friends more freely. Probably for this I have a great friend circle in college. I started my reading habit and working on my physical health health. I will start meditation soon for better mental health. I'm trying to issent include the values that will lead to a "abetter me" in future.

Values which shape me

Introduction (what are values?):

In my opinion, happiness, somrow loved can be felt in the way we can feel the value. Value connot be measured by any parameter. Value is meant by absolute soul peace. If I like to read a book, then it is very valuable to me. we can understand the value of an object only when we feel the need for it.

Values which have shaped me:

Spiritual value I believe that there is no ground but there is one who has created the universe. I believe in action, not devotion or desting. Because if I chant the name of Good all day, I will not pass the Exam or satisfy my hunger I believe this is the thing that has Exam or satisfy my hunger I believe this is the thing that has brought me so for and will continue to do so in the future. My brought me so for and will continue to do so in the future my mother is Good to me. I could not have come this far without my mother so the importance of mother to me is infinite and will remain so in the future.

Moral valu: No one likes violence. Some case is mine too, But when my friend has to do better than me, I make up my mind that I will do better. so, It has played an important role in my coming to this position. I like to do my own thing, be it tiding up the books and washing the clothes and reading the books etc.

I've been at Mamais house since I was little, so I like to worke up yo to bed, read and do every thing by myself. which is why I have benefited so much form the present.

Social values: when my our school classes were over my triends and I would go to the school grounds to play emitted. As a result, I got a chance to hong out with all my friend also I understand what thom will do . I have bearned to help any person or pedestrian in the village in ease of any difficult. I thing social values will help me to so evalute with my college friends and reach my goals.

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Values union shape me

Honesty: Honesty has been the most important

value in my life. Ever since my childhood, my parents inculeated in me, the habit of being honess. Knowing that 9 am not cheating on any body, and am doing unhateror is just, brings peace to my mind. Honesty is not only being honest towards others, but also being pruthful tomards myself. 9 certainly Know about what 9 really want to do and what 9 do not because 9 have been honest towards myself and it has helped me in taking some important timely decisions regarding my carrer. Being honest in this complex human society, has made my life quite easier as 9 hardly ever get tricked or cheated upon due to the fact that I don't have any foes in my life. 94 9 can keep living an honest life like I have been it will surely help me.

Concentration: To concentrate corresponds to give all of my attention to a particular task. Although this is one of my weakest links, yet This is the one which might have helped shaping me the most.

Although 9 still cannot concentrate on Things which and shaping on class lectures, 9 dislike, but concentrating on class lectures, educational videos, seminars related to Physics educational videos, educational videos, seminars related to Physics educational videos, educational

complete assignments, school projects or even household moreks in a very small span of time. At times, my concentration has really pulled me and has helped me through and through.

Self study: This has been one important value of my life. 9 have The habit of going through things on my own, like reading various articles, related (tog (but not always relevant) books, matching some advanced lectures, or small animated videos related to some topics to keep myself interested to a certain topic. sometimes 9 like to contemplate the nature in my own way by trying to go a little deeper into Mathematical expressions to really try to understand them, and everytime 9 do it, 9 tind the mored to be such an amazing place. Doing all these and discussing some of it with friends has been the catalyst to the fordness 9 have in Physics.

Belling Broth Harm

NAME – ARIT SAMADDAR

SEM-III

DEPARTMENT- COMPUTER SCIENCE

COLLEGE ROLL- 729

RKMVCC, RAHARA

VALUES WHICH SHAPE ME:

<u>SELF STUDY</u>: SELF STUDY CAN HAVE MANY MEANINGS BUT FOR ME IT IS VERY ESSENTIAL PART OF MY LIFE WITHOUT IT I THINK THAT ONE CANNOT BE EFFICIENT ON THEIR STUDY OR WORK. IT ALSO HELPS ME TO KNOW MY EVERYDAY MISTAKES AND RIGHT WORK WHICH I HAVE DONE, THIS HELP ME TO CORRECT MY HABIDS AND WITHOUT IT I THINK I CAN'T ABLE TO OPERATE ME IN A GOOD MANNER SO THIS IS A VALUE WHICH GIVE ME A SHAPE.

SELF CONTROL: SELF CONTROL IS AN ANOTHER VALUE WHICH SHAPE ME. BECAUSE I THINK IT A VERY USEFUL VIRTUE WHICH HELPS A MAN IN EVERY DAY OF LIFE, WITHOUT IT ONE CAN MAKE MANY WRONG DECISIONS. MANY TIMES, WE NOTICED THAT IN A GROUP SOMEONE COMMENTS HURT US OR WE CAN'T AGGREE TO THIS SO THEN IF WE DON'T CONTROL OURSELF THEN THEIR WILL BE A QUARREL. SO, IT'S A VERY GREAT THING I THINK WHICH I HAVE.

KIND HEARTED: IT IS AN ANOTHER VALUE WHICH HAVE SHAPE ME. EVERY TIME I SEE SOME POOR PEOPLE WHO HAVE IN TROUBLE THIS MAKE ME CRY AND, IN THAT SITUATION, I TRY TO HELP THEM AS MUCH AS I CAN FROM ME SIDE. AND THIS LITTLE HELP IF HELPFUL TO SOMEONE THIS PROUD ME. THIS IS A VALUE WHICH HAVE SHAPE ME.

AKASH DUTTA

Book Semester

Department of Zoology

Subject: SEC (Skill Enhancement Causse)

Mid Senester Economination

Assignment

Values which shape Me

College Roll: 531

Registration mo > AOI-1112-115-020-2020

RKMVOC, Rahawa, Kolkata

- Values which shape mo :-

Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a human want or desire. All things that gatisfy human desires one good or have value. Food is good; it has value because it satisfies human. Schelter is good because it saves us from inclement weather and because it saves us from inclement weather and wild animals. As in every human's life there are wild animals. As in every human's life there are wild animals. As in every human's life there are that life. So I have also some values which shape me. Here we talk about three values of my life ->

I Torgiveness

i) Grenerally

ii) Resilience

a) Forgiveness:

Forgiveness is about letting go of auger and resentment forward those who have hurt or offended me. 8'm not saying what they did was akay or most a big deal, 8'm acknowledging that what they did was hurtful but choosing to forgive them

in order to be free of the auger and resentment (toward than) that are making me miserable. In forgiving than, I take back my power and choose happiness and peace of soul for myself, even if the one who hurt me has never shown the slightest but of remorse.

6) Granorosity:

Grendrosity is a willingness to share my blessings with those who who have less. It's easy enough to share with people. People I know and like, it's another thing to share with those I don't get another thing to share with those I don't get about I have then along with or who seem to think me owe then along with or who seem to think me owe then what I have the thing is, no one has a right what I have so that it makes no seable when one person can only enjoy so much. I should rather what I have so that fewex people will feel the pain of hunger and lack. Fewer will feel the medected, forgotten, or invisible.

P.T.O

@ Railiace:

Resiliance is the ability to recover from and of adapt to change or mis footune. Sun other words, when things go bad, I find a way to privat and keep mooning forward. Sife knocks me down, and I get clock up - every time. I don't gat myself on the lack for it. I do it because I have it quilling is just waiting to die. And I want more out of life than an extended hospico stay. It there's a way to get back up and get moving again, s'll find it because I don't see any acceptable altourtices. So, was if I should like to stop existing for an how or so, I look at my options and god grale on to something.

— These are the three values which shaped me to what I am today and will continue to shape me towards the goal of my life.

RAMAKRISHNA MISSON VEVAKANANDA CENTINARY COLLAGE CERTIFICATE

Name:- Tanmay Mandal

Collage Roll No:- 449

Honours Subject :- Botany Semister :- III

Registration no :- A01-1112-114-036-2020 Subject :- SEC

Date :- 22\10\2021

Assignment

Topic:- Values which shape me

SEC Mid Semester Assignment:

Write on three values which have shaped you to what you are today and will continue to shape you towards the goal of your life.

Ans:-

Values are basic and fundamental beliefs that motivate actions . They helps us to determine what is important to us .

Now I am going to present three main values that have shape my life.....

(1) Empathy –

Empathy is the ability too emotionally understand what other people feel and imagine ourself in there position. I pray for those people who have no shelter, food. I always try to extend my helping hand towards those people. Empathy encourage me to do work for our nation.

(2) Concentration –

The action or power of focusing one's attention or mental effort. The main difference between men and the animals is the difference in their power of concentration. All success in any line of work is the result of this. Everybody knows something about concentration. We see its results every day. High achievements in art, education, music, etc. are the results of concentration. The difference in their power of concentration also constitutes the difference between man and man. Compare the lowest with the highest man. The difference is in the degree concentration. Concentration is a big factor in my life's success. Whenever I do

something with big Concentrate, it gets done very quickly and brings success. Concentration on any thought is the main reason for my success. Which will lead me to more success in the future.

(3) Listening –

I am a good listener. I always focusing on the person who's speaking then I respond to them. With this skill I can easily engage with other person.

(4) Dignity of labour:-

A nation that doesn't give importance to the Dignity of labour cannot prosper. Labour is at the source of the power of nation. Dignity of labour means that all occupations, whether involving intellect or physical labour, deserves equal respect and dignity. Hard work brings from the end of any work in carrier.

Ramakrishna Mission Vivekananda Centenary College

Certificate

Name – Bholanath Maity

College Roll no -167

Honours subject – Physics Semester - III

Registration no - A01-1112-111-046- 2020

Subject- SEC Date -22/10/2021

Assignment

Topic:- Values which shape me

SEC Mid Semester Assignment:

Write on three values which have shaped you to what you are today and will continue to shape you towards the goal of your life.

Ans:-

Values are basic and fundamental beliefs that motivate actions . They helps us to determine what is important to us .

Now I am going to present three main values that have shape my life......

(1) Empathy –

Empathy is the ability too emotionally understand what other people feel and imagine ourself in there position. I pray for those people who have no shelter, food. I always try to extend my helping hand towards those people. Empathy encourage me to do work for our nation.

(2) Respect –

Respect refers to the ability to honour another person, both his word and action. I always try to give others respect as well as myself also. I think this will lead me in future for a better life.

(3) Listening –

I am a good listener. I always focusing on the person who's speaking then I respond to them. With this skill I can easily engage with other person.

RAMKRISHNA MISSION WINEKANANDA CENTENARY COLLEGE



NAME: SUBHAM ADAK

DEPARTMENT: MATHEMATICS(HONS.)

REG NO.: A01-1152-113-016-2020

COLLEGE ROLL NO.: 325

PAPER: SEC-1

TOPIC: VALUES WHICH SHAPE ME

SEMESTER: 3rd SEM(mid)

- VALUES WHICH SHAPE ME -

Introduction: Values can be defined as anything that can fullfill our allsive or can gives as satisfactorion. Everything to that can feet help to fullfill our needs has evalue to us. There are many different vovalues help as to bring self realisation as well as to control ourselves, values awork as an invisible quardian to fullfill our goals. Proadizing so many values at once is a difficult thing to do are should go step by step. Here are three different values that I like to follow and this values have shaped.

Selflewness: Selflessness is the predice sof not putting yourself first and willing to help other and without expecting any reward. Although it is a very different think to do I think it is one of the most important values everyone thould follow. A self centered namous mind always brings violence, bitter relation whip with an each other which makes the world difficult to alive.

Every thing is better than when everyone is hopping. A nonborn act on kidness con change the world for a a person. It can head the deepest of gainst for someone If we see some one needs my help him. If we imagine what my situation would have been if I was the person then helping him becomes easy. Selflewness is . one type of most important value that can help improve relationship with my friends, teachers, and any other persons. I think -"May you be hoppy" and "I am in this for you " & so, this is most important to build my corrier till now

Self Respect: Self respect means having confidence in yourself and techoring with grove, honor, and signify cuc nonfront ownselves with negative energy and discourgaing thoughts about ownselves, where one would never age negative words on people who are be important to us. However whis the highly valuable to help in mind that you are most important person in your life. Respecting yourself is a highly crucial step to gain more confidence strendth and sel love.

I think set self respect is most rebulable in my self like because of this. I am studying in Ramahrishna Mission' ashich is the best institute in the world. I think respecting my self not only only means valuing myself but also moking the right decisions and taking the night steps when is some in life.

According to Clink Eastwood: - "Respect your efforts, respect yourself self respect leads to self-decipline-when sous shore both singly under your self. that ned power.

clearliness: clearliness in the procedice of beingto relear on being kept when, clearliness ix one of the most important value because clearliness helps to keep us physically and mentally bit then one rould not able to do anything. It when we rould not able to do anything. It dearliness is also helps to keep the envilonment clear which is very much necessary for stoping healthy. So Jahways

try to keep my outside clean. That give us more energy and more concentration so, I think elecutinens in one type of value that completes my successful successful life.

Conclusion: Role of values in my light do not possible to write because those values that helps in every step to build my character. It helps to get surege in my life and to concentrate in my study. So, I think these values have shoped me more then any other values.

NAME = SUDIPTA SARKAR

College Roll = 727.

Registration No = A01 1112 117 019 2020

Subject = Value Education.

Semester = III (UG).

Topic = Values which shape me.

Values which Shape me

Introduction:

Value is not just a word used in economics. If we analyze this word most deeply then we can understand that the word Value denotes some idea or steps to build Our Character and these ideas also help us to become educated People.

The three special values in my life Constantly inspire me to be come a valuable person and move topward towards my life goals.

These ope-

1. Cognitive Value:

Through Cognitive value, I know that it is Possible to acquire infinite knowledge through Concentra--tion and it also helps to develop scientific thinking. I remember one of Swamij's quotes "Knowledge is Power"- which inspires me again and again to increase the range of my Knowledge.

From this value, I learn more that we must be people of independent thought and any work must be taken with responsibility, with due respect to the labours.

Congnitive value teaches me the real value of my life and requirement of Knowledge in my life, which will inspire me to become a Character Person.

2. Spiritual Value:

Through spritual value, I have come to Know about Atman or Brahman.

We have many successes in life, we have many solls in life, some of them are successful and some are not. But the biggest god of our life is to gain knowledge and know about our Brahman or Atman, one time our all external values will be surrender to that Brahman.

Swamiji Says- "Each soul is Potentially divine. The god is to manifest this divinity within, by Controlling nature, external and internal".

This is the one of most inspiration statement in my life.

Spiritual value has inspired me to worship selfless deeds, devotion god.

3. Moral Value:

I realized through the moral values that there must be honesty and devotion in all things in life. Not only this, with the help of this we can get rid of violence in life and we can do yoga and meditation which can help us to increase our self-control and relieve our Stress.

The moral value teaches me live with honesty and Cleanliness, which can inspire me to be a successful and valuable Person.

One last Statement, I write here said by Swamiji that inspire me all time-"Mind you, there is no value in learning. You are all mistaken in learning. The only Value of Knowledge is in the Strengthening the disciplining of the mind."_

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RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

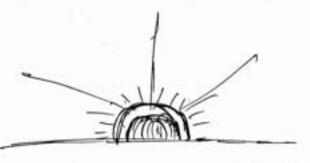
MID-SEMESTER ASSIGNMENT-SEC SEMESTER-III

NAME => Animesh Barik.

Registration No -> A01-1152-113-017-

Collège Roll No -> 326

Department -> Mathematics.



- Values Which shape me: -

Values are qualities that one considers to be worth while and as such, act as the driving torce in their lives. A person's reduce take precedence over other qualities and therefore dictake the manner in which an individual may act in particular instances. In my like, I have a number of reduce that I hold dear. These reduces are as a result of my upbringing, my principles in like as well as my socialization. In this essay, I shall identity the care reduce that I hold and the manner in which they influence my every day. The retich they influence my every day.

One of the educational reductional reductional reductions of that are fundamental to me is achievement. This is as a result of my belief that what defines me most as a purson is my determination to succeed and my destre to make a positive contribution to society through my career. Achievement as therefore one of the reduct that is most important to me since in today is

World, achievement and success are mostly feed together with educational success. As a result of thes, I hold my educational exploses in high esteem since education is one of the avenues where one is Leternination leads to quantiable streess. I greatly value close relationships with my briends and family constantly seek . to current the same, this is because good briends Can assist one achieve his goals in literand can sometimer even be closer than family. for this reason, I invest a lot of time and effort in my close briends. I make it a priority to be a part of the significant moments in my briends this such as their birthdays, wedding, days and even baby christening ceremonies. In addition to this, I always ensure that I inquire as to their well beings periodically. One of the constant sualities in human lite do that we will always be surrounded by needy people. As such, on a social level, I always strane to fine my survices to the less fortunate. In my opinion, a like well lived is one that is lived in such a way that it makes a difference do someone

This is the philosophy with which I have led my like up to this point and at all this. I dry to make a difference in the liver of the people that surround me. Helping other people is therefore a value that I realise not only in myself but also in other people. While modern day living has some What lead to a degradation of the value. of Jamely form what "inembers are the who will stand by you no matter the situation and encowage you through Nite. wehile I reckon that bamily may not always be supportive or as ideal as I envision it, in my caperience my tomily in closely istands up for me. I there bord always have my tamily in mind when miling my decisions and Consider how my actions will affect them. In addition to thin, I try seek guidance trom members at the tamily who are more experienced than I am before making monumental decisions in my like.

3) It has been argued that honest men and women are a dying bred, this statement holds there in our capitalistic society when profits and personal gains are the primary objectives. He means by which one goes to relieve success in often overlooked and as such, the ends justify the means. Even in the midst at such an environment, I stM hold bonesty as one of my core values. Without a doubt, this is mostly as a result at my upbringing rehere by honesty was applanded and dishousty shumed. Also, I have come to realise that when one achieves success through housely, the level of sodies faction that comes with it is truly arrivaled by any other feeling. Hore, I have identified some of the nature that I hold dear tome. I have also identified how this reduce impact on the choices that I make as well the actions that I take. From this deep exploration of my valuer, I have come to the realization that my values greatly dictate how I treat the people around me as well as how I prioritise on matter. I believe that as a result of my valuer, I salvine harder to achieve blood !

VALUES THAT SHAPE ME

1. HONESTY -

Honesty or truthfulness is a facet of moral character that connotes positive and virtuous attributes such as integrity, truthfulness, straightforwardness along with the absence of lying, cheating, theft, etc. Honesty implies being truthful, Honesty means to develop a practice of speaking truth throughout life. A person who practices Honesty in his/her life, possess strong moral character. An Honest person shows good behaviour, always follows rules and regulations, maintain discipline, speak the truth, and is punctual. An honest person is trustworthy as he always tends to speak the truth. Honesty plays an important role in everyone's life and it is a character which is visible with open eyes like an open book. Having considered as an Honest person, by society is one of the best compliment one can dream of in his/her entire life. It is the real character a person earns in life by being sincere and dedicated towards it. Lack of honesty in society is doom. It is due to the lack of proper interpersonal relationship between parents-children and students-teachers. Honesty is a practice which is built slowly and patiently, firstly at home and then school. Hence home and school are the best places for a child to develop Honesty since his/her growing times. I always tried to be honest throughout my life. Through honesty I learned to speak true words and also, I got the courage to speak straightforward always. Although sometimes I fall into problems inspite of telling the truth but at the end we all know that truth is the winner. I got the value from my elders and I will always obey that until my last breath.

2. RESPECT -

Respect is a broad term. it is a positive feeling or action expressed towards something. Furthermore, it could also refer to something held in high esteem or regard. Showing Respect is a sign of ethical behaviour. Unfortunately, in the contemporary era, there has been undermining of the value of Respect. Most noteworthy, there are two essential aspects of Respect. These aspects are self-respect and respect for others. Self-Respect refers to loving oneself and behaving with honour and dignity. It reflects Respect for oneself. Everyone must Respect fellow human beings. This is an essential requirement of living in a society. Respect is the very aspect that keeps everything in your life. Respect for yourself is very important to a person because it can be the balancing factor of your life. If a person has no respect for themselves, they will most likely go into depression. Respecting yourself is also important for your selfesteem. I always respect my elders as well as my juniors. I got the value from my mother. Respecting others give me a full satisfaction. I have my self-respect and also, I get respects from everyone as I know how to give it. I will always obey it.

3. AMBITION -

Almost everyone dreams of something while growing up. We all have ambitions when we are little, which change as we grow up.

Ambitions lead us to a definite aim in life. Furthermore, they help us focus on our goal no matter the cost. It drives us to do better in life. Ambitions differ from one person to another. However, one common thing usually found is that over time, people switch their ambition to something else than that which they wished to be when little. We have many people in the medical field who wanted to be dancers. Similarly, some of the greatest politicians wanted to be artists. So, we see how easily one gives up on their dreams and ambition to adapt to society. We all must have at least one ambition to achieve in life. It teaches us the importance of discipline and hard work. Having ambition gives us something to look forward to each day. I also have an ambition or aim in my life and I will try to achieve that at any cost. I wanted to be a researcher in future and I hope I'm on my way. Ambition helps me to grow the desire to reach at my destination. I will always keep the desire to reach there and I hope I will get a lot of helping hands through my other values.



NAME: - Soudip Mondal

DEPARTMENT: - Mathematics

SEMESTER: - III

College Roll: No: - 339

REGISTRATION NO: - A01-1112-113-024-2020

PAPER: - SEC-I

TOPIC: - Values Which Shape Me.

VALUES WHICH SHAPE ME

Values can be defined as anything that can fulfill our desire or can gives us satisfaction. Everything that can help to fullfill our needs has a value to us. There are many different values which can help us to be better person. Those values help us to bring self healisation as well as to control airsolves values work as an invisible gladian to fullfill our goals. Practicing so many grap values at once is a difficult thing to do. We should go step by step. Here are three different values that I like to follow and this values have shaped me who I am.

Oself Respect: Self hospect means having condidence in yourself and behains with space, honor, dighity. We confront ourselves with negative energy and discourting thoughts about ourselves, where are would never use negative works on people who are important to us. However, it is highly valuable to keep to in mind that you are most important person in your life. Respecting yourself is a highly chucial step to gain more. confidence strength and self love. I think self-hospect is most valuable in my life because of this I am studying in Ramaktishna Mission which is the best institute in the world. I think bespecting myself not only means valuing myself

but also making the right decisions and taking the right stops when it comes in life.

11) Thust: - Thust can be interpreted many ways, but ultimately it comes down to heliability and thouth. Without thust the world Simply would not function. It is one of the most important human values someone can have.

It was always taught from childhood to thust those people who were abound me, my parents, relatives; friends, teachers. Learn to thust and be trusted is not an easy task, but the importance is beyond measure. In a world without thust no one can servive.

iii) Honesty: — I think honesty is the most important Value of human life. The idea of stoying there to omeself com often feel intimidating and impossible but what most people fail to realize is that it is the not the act of simply telling the touth that makes someone homest bother the quality of a person who is being honest. I won't lie that it was possible for me to bemain the to others and myself all the time but I have always thied. And through that they I think I may have come closer to my foal or at least some steps closer to it.

College Roll No. 416

Reg. No. A01-1112-114-013-2020

Semester - 372

Botany (Hons.)

VALUES WHICH SHAPE ME

Value is generally thought to mean market price on I rate on worth of something. But there is no penetration of value only in economic-centric discussion; but in addition to the economic field, the word value is being applied in the spiritual, moral, aesthetic and social fields. Judging by all aspects "value" means signifiance what satisfies own personality or contributes to own self-realization The three values which have shaped me to what I am today and will continue to shape me towards the goal of my life. These are -

TRUTH

Whoever says good and right words is called Touth. Its purpose is not to injure another, nor non to invoke the mistartune of another, nor will the truth even teach another to feel unbleasant. unpleasant. I heard in my childhood, Vivekamanda said that, di Everything can be sacrificed for truth, but truth cannot be sacrificed for anything."; with this message in mind I try to run my life with the touth. As an example, in my school life, once I got better morales but it was by the calculation mistake: So, I asked my teacher to recheck my paper. For that my marks

my mistakes which I have understand exam paper.

Is no need for lies in life, In any case success can be achieved by adopting the touth. I have learned to correct my own mistakes by touthfulness.

PUNCTUALITY

Punctuality is a type of social value. Punctuality as the characteristic of being able to complete a required task on fulfill an obligation before en at a previously

designated time. In my childhood, I was not always punctual, even sometimes I was unable to complete my exams in time. So, when I was studying in 10th, my mother told me to maintain the punctuality. Then I have tried to maintain & punctuality in every work. I have stootted my eigestyle in routinely manner. Due to this clisciplined way, I have got success in maximum thing.

becomes punctual, evoluthing else falls into place. You get discipline in life and also earn respect of the others. A punctual person works on time without any hindrance.

CLEANLINESS value. Cleanliness is both the abstract state of being clean and price from germs, dint, trash or waste and the habit of achieving and maintaining that state. common maintanance quality of my family. I have this value by seeing my family members. During the covid poriod guidelines about cleanliness is not so difficult to obey for us. Maintaining owing pandemic situation my pamily members always maintain to clean dresses, furnitures, utensils and other useful truings. So, maintaining this healtry habit is not so difficult to obey for me. Maintaining cleanlibress is the esential thout of healthy living because it is the to improve ourse personality by keeping clean externally and internally.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE SEC MID-SEMESTER ASSIGNMENT

Name- Joy Dey
Registration No- A01-1112-113-019-2020
College Roll No- 330
Department- Mathematics
Semester- 3rd(UG)

SEC MID SENESTER ASSIGNMENT Topic: Values which shape me

me to what g am today and will continue to shape me towards the goal of my life, let me explain the meaning of values shortly.

Values: Value is commonly neganded as economic conception.

All things that satisfy human desines and good and have value. But this definition does not go deep enough. It is generally the definition does not go deep enough. It is generally necognized that there is nelation between the scatisfaction of desine and the procentation and furtherance of life. Value in this sense is essentially sunvival value. But this definition is still inadequate to the complex human civilization, ovenau, values can be desembed as con some

type needs of human being and has a great nale to shape them There are various kinds of value like Spiritual, Monal, Aesthetic Cognitive etc. Hene 9 am elabonate 3 specefic values which have a great mole in shaping me as gam today and will help to be tomonnow's enlightened Citizen.

"Spinitual values:

Reality orientation is a must where the Atman = Broahman concept is brought home. Atmands the constant behind the changing my body-mind complex, and Broahman the constant behind the changing natural phenomena are one and the same, the goal of my life is to mealize this unity. Shanaddha and

Unseifisness makes me as a humble penson, so, galways give nespect to the elders and helpful to others. When you come have unserfisness, your mind will opened up to all the needy pensons. Feanlessness gives me strength. Any job is to be done with

Morral Valuer: THIMBEREN ATTEN ILAST

Honesty cannot be the best policy but the only Honesty cannot be the best policy but the from others and a thief does not want to hear lies from house. So, glay my best to make me honest. When you want have honesty, many people bome to make you as a friend of themselves you too can help whom the make you as a friend of themselves. You too can help others due to your open mentality nurshed by honesty. We cheat only because we are weak, so g tray to hecome a penson with strong mentality so that the thought of cheat even cannot even come in my mind. Non-violence is not song the weak but for the strong who are not jealous of anyone so g tray to not to jealous of anyone and a can do that to some extent due to manual streath. I also do meditation to become mentally strong. Also self study a done a great job in my life.
When a penson goes in higher studies, he must do self study. Teachen cannot teach eventything due to shortage of time, so if One wants to learn everything he must do self study.

3) Cognitive values:

Fon enlightened effizenship emotions developed through. moral and aesthetic values, need to be supplemented with thinking, analytical scientific tempen, objectivity in decision making. Seef mespect is also there in my mind so g take mesponsibility for actions taken with from belief. Above all, concentration of high degree useful in any endavour makes difference in person to person, scientific temper of myself helped me to think any matter logically.

With this, g would like to end my convensation. There are many values which shape me but g elaborate 3 of them here. Everybody should practice some values in their life to become

Any object that can fulfil my daily life importance,

my desines, have the value in my life. But that was my consong understanding that led me to the selfishness. Now I nealize that we never com define 'value' simply by our mental satisfaction. So, I went fan beyond me and nealized three valuable things—

- Description: I am Good and Good is in one. This was my first realization that helped one to get out from my selfishness. Good is the "Brokmam" on the alternate that that mosted in my soul. This fundamental medization made one fearless and strengthen my mind, my determination to face off any problem in my life.
- (ii) Non-Violence: Anjuna, he who sees the devine as present equally in all thing does not hunt himself by hunting others.

 Bhagarad Gita: Chapter 13, Verse 28

every living creatures then how I can hunt others so, I have to be honest and feithfull to everyone and reculized that non-violence is not any weakness but is showing my strong, determined mind. It has made me honest and taught me how to control my anger.

I feel bad, I like to play the straings of guitars and that beautiful sounds, anaeted by the vibrations of straings, make me happy. I feel the vibration of life through it and that increases my aesthetic sense and helps me to be more ealm in any kind of situation. It inspises me to do new everytime that grows my creativity.

Values for me. It shaped my characters and help me to my find

my goal in life. It gives me the knowledge of the summoundings. I com't say that these values make me successful, but I com say that these values once leading me towards my success and my goals.

Name: - Ayan Roy;

Department: - computer science;

Sem: - III.

Topie:
Values. Which Shape. Me.

Values are the things that we believe are important in the way we live and work and also which have shaped us to what we are today and continue to shape us towards the goal of our values exist, whether we recognize them or not. Lite can be much easier when we acknowledge own values and when we make plans and decisions that horror us. when we define our personal values we discover. what's truly important to us . A good way of starting to do. this is to look back on our lite. to identify when we felt really good and really confident that we were making good choices and I would like to say that I am not different. There are many values which I get either trom our parents, teachers or my other quardians and I am going to share some values · which help me in · my own life to stay happy and enjoyetul and also help me to and shape me · towards · the goal of my life. (i) Independent thinking: - Indepedent thinking is

having the constidence to draw on my own innate intelligence and depend on my own judgement having own vicios and values to quide myself rather that other else's and I hope this is the value which I always to follow. I always try to judge something myself first, then it I can't able to sudge on guide some thing then I always go to my good quardians for help-and I hope it helps me. very much in my own life. (1) simplicity: The word simplicity pertains to being simple and easy, which helps us to find peaces joy and conterment in simple things. simplicity is living a lite that less heetie and shallow, and I always ty try to do . everything in a simple way without taking complexity, when I face any problem in my lite I always try to keep it as simple as possiable and it resulted many good (iii) Efficiency: - Efficiency is defined as the ability to produce something with a mascimum

amout of effort. In simple word it is the ability to accomplish something with the least waste of time and effort. like smart work rather than e hard work. This is a value which I always try to follow. Though I am not at all a very successful yet in my lite but I have a taith that + it I able to carry those values in my whole lite those values will help me in my whole tite to get success in my lite.

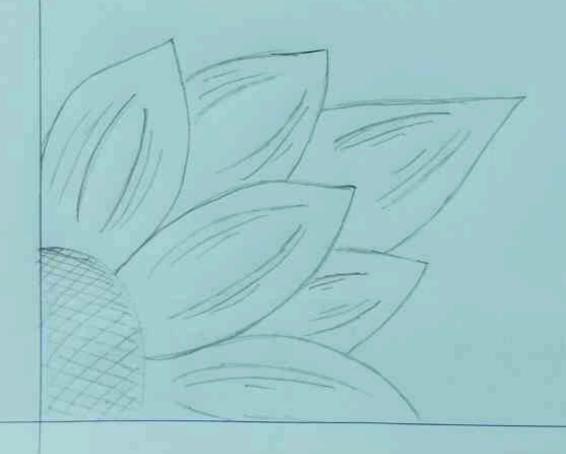
((SEC Mid Sem Assignment)))))))

NAME- ANCHAL BHASKAR ROLL-728

Department of computersience SFM-III rd

Regno-A01-1112-117-020-2020

Topic: Values which shaped me!



Values which shaped Me!

Philosophical authors is often said as "Lone of Wissom Philosophical authors is often said as "Lone of Wissom According to me, philosophy is the study of the fundamental nature of knowledge, reality and existence as perially when considered as an academic discipline. It give me the apportantly to improve and evaluate a situation or an idea, as me as inhance my reasoning and critical skills, critical thinking, problem solving, proper judment and decision making. It widens my perspective and standpoint an a topic, allowing me to think fairly and honcethy.

Cleanliners:

(1) Charliness is indeed next to Goddiness. As it is one ext the impartant foctors that petch us a hulthry life. The Scape of charliness means from all points of niew it. Physically, mintally, spiritually and must be achieved.

"cleanliness is indeed the vital ingredient of good Health and one should always carray it shroughout his like at any cart.

We should never compromise with cleanlines. It is not other's responsibility. It is our own responsibility. As Basic charliness starts from own personal charliness and hygiene, we should promote "Swachh Bharat Abhiyan" and incourge all to come forward!

OBEDIENCE :

is WEDDED TO SAFETY." abudience is the bond of rule. Obendience is a willingness to abuy the command. It is an aspect of dutipuless Family, quardians, and teachers must all be abuyed by us. obedience is a band of our society, without it Humanity cannot function for a single day! We must must be abdient for ourself and perform basic duty of our lines. One should also abedient towards Nation, which is our moral values of our lines!

These are the List of Three natures which have shaped me and will continue towards the goal of my Life!

Values which shape me

In life, values give us clear goals. They always tell us how we should behave and act in numerous situations and provides the night direction of our life. Values help us to create our character and build a society.

Honesty: - Honesty is that the component of ethical character which develops good attributes including truthfulness, kindness, discipline, integrity etc. It involves the obsence of lying, cheating others, and lack of other bad habits which hurt people. Honesty reflects the moral behaviour of person which makes him fearless and courageous. An honest person can face any situation in life through courage and self esteem. I think, one are able to do long team success only by walking on the lane of honesty. Thus I can say the moral value honesty plays an important role to shape me in my life.

Cleanliness: The high value attached to cleanliness is expressed by the proverb which says that "Cleanliness is next to Godliness". It is a good habit and healthy way of our healthy life.

All type of cleanliness is extremely necessary for our healthiness whether it is personal cleanliness or work place cleanliness (like school, college, office etc.). It protects us from many diseases. I think, a clean environment is that the best suitable place on behalf of me for overall growth.

Punchuality: Punchuality may be a social value which implies of completing a task on time. It brings contentment and happiness in life as we feel relieved when all tasks are completed on time. It helps in nemoving laziness and negative attitudes of the scholars. Punchuality helps in organising the tasks in a good manner which boost productivity. The in a good manner which boost productivity. The one that is more punctual earns greater credibility in life and in society. Thus it helps me to shape in life.

important. An individual with good values is loved by everyone around as he's compassionate about others and also he behaves ethically.

Name - Aniket Santra

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Sem - III

Dept - chemistry.

Values which shape me

Values are the things that we believe are important in the way we like live and work. In my students life there are so many types of values which have shaped me that what I am today and will continue to shape me towards the goal of my life. From there, the most 3 values 9 highlighted, that's are—

- 1 concentration.
- 1 obedience
- 3 Hord Work.

O concentration: To me the very essence of education is concentration of mind, not the collecting of facts. My strength and force of the blow come through concentrated, while straying, the more g concentrated, the more powers is brought to bears on one point — that is the secret. Take up one idea, make that one idea of my life think of it, dream of it, live on that idea. — This is the way, great spiritual giants are produced. clear thinking and intellectual understanding are helped. Me for growing a concontrated mind.

Deapon or human life on the sprength or which I can overcome even the sevene emisis. I can get mid or every problem or my life by worming hard.

And the others things that is very much helpful in my shidy skills is self study. Reads books, make a short note also helpful in my exam days.

Well known proverb — "No pain. No gain.

I can change my desting thorough this hard work. This hard working are — charocleriful, honest and self supporting.

3) Obedience: Obedience is very much helpful and essential at every stage in my life and to build my characters.

I think a boy on a girol who does not obey their parents is never good.

Obedience to my parents, I my teachers and opens. is absolutely necessary for my formation of characters, it I is the solid towndation of future happiness.

T shine's well in school, scores good tresults at examination and get a chancle to enhance and nich my character from a mission instituation. I also preaised by one and all. All my relatives, friends, teachers steel proced of me. Even the blessing God are - showered upon me in plenty. Ay there are take great importance in my life.

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Name: Subhadeep Sahu

Paper: SEC - I;

Semester: III;

College Roll No: 355;

Reg.No: A01-1112-113-037-2020;

Topic: Values which shape me.

Values which shape me :=

Conception. An object is said to have value, if it satisfies a human want or desire. All things satisfy human desires are good or have value. Food is good it has value because if satisfies hunger. Shelter is good because it saves us from inclement wheather and wild animals. Value in this sence is essentially survival value. It is adjust ment to the environment. Men's wants today are much more complex and numerous and goal of life is more much comprehensive.

To be a human, values are the most important part of life and my life is not exceptional. The values which on me are described bellow. This values improve my goal path for my life.

1. Spiroitual Value: -

Spiritual Values are human values. The values of trouth, reighteousness, peace, Love and non-violence are found in all major spiritual paths. These spiritual values are also human values and are the fundavalues are also human values and are the fundamental roots of a healthy, vibrant and viable work carrier. Spiritual values are important because they support my purpose in life.

The point of having my own unique expreriences as an individual in this world of constant change is that it leads to continual personal growth and that means growth in consciousness. My mind lives on for ever and grows with the experience that I gain in life.

02. Aesthetic Value:-

What can't be said in thousand words can be brought home in a line of song, what ean't be expressed by thousand words can be said by drawing a line. Antistic talents like singing, playing musical instruments, drawing prainting, dancing and martial arts bloom a personality keeping the eyes open to the intrinsic beauty of nature around like the creativity of a rose flower corning on a plant indeed Shows and a respectful attitude to environment helps individual and society. What I possess need expression through speech in commanding language and manner in commanding gestures, postures and need careful nurturing.

3. Moroal Value: —

Honest - just said it right, true, straight forward. It will save my heart from getting ages. Self-discipline - Listento guide it would lead to under standing my body, my mind, my heart and soul. Respect in general, everything and include humanism. Everyone had differences in respect. Tustice - what can I said. All know this. To balence and structures for the planet. Mentality - it does not have knowledge. It growing fast me education people. Need to know all mentality that way I could able to talk right with whatever they have a label. So, moral value are important because they support my purpose in life.

principle, or life goal, guiding our behaviour in all aspects of life, including our home life, work life and our social life. This values will influence my decisions related to my relation ships, car seen and activities.

TOPIC: VALUES WHICH SHAPE ME

Arpan Kumar Das, Sem-III,

Papartment - Botany

In our Awhole life, values have special vole to reflect our sense right and wrong. They Relp as to grow, confident practical and give us a perfect life. 3 main values which have important voles in my life, they are discussed below—

1) Punctuality:

Without punctuality our life can't get a motion. Every punctual person get a stability self-confidence and security in their life. Time is very important for life.

My benefit:

(i) If I can complete any work in proper time, it gives me confidence and make me Rappy.

(ii) I can reach important places in perfect

time, without any delay

(iii) It gives a perfect shape to control my daily routine properly.

(iv) Maintaining punctuality, don't give me tension for any work. I ean do any work peacefully

(v) Everybody loves a punctual person for Ris proper work. It saves time for other thinking because time is very necessary.

2) Concentration:

Concentration is the ability to direct one's attention in accordance with one's will. It weary control of the attention. It is the ability to focus the mind on one subject, ability to focus the mind on one subject, a bject or thought without being distracted.

D My benefit :-

(i) It Relps me to work more efficiently.

(ii) Meditation is the best way to concentrate our mind. I get a peaceful mind.

- (iii) It increase the ability to tocus the mind on one subject, object or thought.
- (iv) I can concentrate on right things at right to time that saves our energy and time.
- (v) I can do work at a time, don't try multitasking.

3> cleanliness: -

One of the most important value is clearliness. This doesn't natter where we are, but our surroundings have a vital vole. It includes both personal and public hygine as well. A special proverb—"Cleanliness is next to godliness.

Cleanliness also kelp us to purify our mind, our body and it destroy evil thoughts and negativity.

- My benefit ..
- (i) Keeping my health I surroundings clean is the first thing of my priority.
- (ii) Early morning to night keeping house clean is also my preferance.
- (ii) From bed to study materials, from garden to roads, we need to clean it, even in my school, Cleanliness was a desciplinary rule.
- (iv) I try to clean my college perfectly because our college environment is our pride.
- (v) Every house together makes a society. Every coeiety together makes a place Every place together makes a district and it continues to a nation and then to a globe. If we all keep ourselfes clean our globe will be clean.

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ROM: 735

Sem: 3nd, Sub: Value Education.

Dept: Computer Science

Values which shaped me

Everyone has values in their lifes, that they are above of on not. it's a kind of rule that you take on account everytime. You make a small on big decision in your life, following this far lifetime not only makes your desisions combant also makes you a better person for the society. It's not a 'self' thing pathor than a 'society' thing, in the sense that \$ good values in everyone's life makes a better world for everyone.

Being not angry > In the world of billions people and billion

Porsonalities, its very much possible to of a human

being not to agree with each others opinion. But we never should be angry on thet. I was In earlier days,

I will to became angry in even smaller things, which the mode my relations with friends and family bitter. But four Jews now, I have mostly dealt with my issues, in every situation I, try to stay

colm, whatever the situation me may be. It added a great value in the my life and will add years to come.

Confidence -> Standadore confidence can solve many problems, being not confident in doing task, on in exams had caused me many problems. It is not that living in false confidence, but the I have warked on gaining knowledge, habituated so on the things I will do.

Respect Prespecting each other is a culture we can see an over india, and I was no different. From Parents, teachers, every one has taugut us how to respect each others, not only elder but we should also respect the Junious. And we should pass this also respect the Junious. And we should pass this culture for generation to come.

Name - Pratiquesh Kumar Data Couege Rate No. - 544; Department - Zoology Sem - III Subject - SEC Mid Semester Assignment Reg. No. - 401-1112-115-027-2020

Values which shape me

Values are the principles to qualities that one considers to be worthwhile and act as the driving force in our lives. Values are the essence of our personality and influence us to design or shape a perfect and successful life. Childhood and the teenage period are the most crucial phase in a person's life b/c It is the time that one cultivates most of his/hur normal principles or values. In my life, I have developed certain values. In my life, I have developed certain values mentioned below which have shaped me to shape me ethat I am today & will continue to shape me towards the goal of my life.

1. Forseverance - set or achieve in our life is eighatever the goal eve set or achieve in our life is not a simple work, but is a continuous handwo-not a simple work, but is a continuous handwo-not a simple work, but is a zig-lag one consisting path of success is a zig-lag one consisting of many difficulties and barrieve that one has to overcome. Trobably this value has a major has to overcome. Trobably this value has a major contribution in my life for what I am today. Contribution in my life for what I am today. It has taught me eshatever difficulties has arised in my life but I have to overcome it to get success. In today's world there is no one to listen to own excuses for failure but it is solely that person esho is responsible for his/hur failure. This value has also taught me how to keep patience and

be didicated to achieve something howsoever difficulties arises in my life. With this value that I have developed will help me to succeed in my life.

2. Growth and Powonal development -

Growth and personal development for me in my life is a very fundamental value and its importance in my life cannot be understated. It is a process of both understanding myself and pushing myself to reach my highest potential. In reality no one is perfect but by understanding ownselfves and own goals we can become to Some extent perfect Vin a particular field. This is a long process and includes leaving new habits and hobbies and cultivating new skills and practising new strateryies to l'achieve something. It is my believe that my life is not worth much if I do not Strive to constantly improve on my achievements as well as becoming a better person and citizen. This value of growth and personal development greatly impacts on my day to day living.

3. Curiosity is another fundamental value in my life. It is curiosity is another fundamental value in my life. It is defined as a strong desire to know more about something. It is the act of leavining more or asking more prelevant operations that had lead me to develop interest in a particular field. Since from my childhood it has always taught me to clear my doubts as soon as passible of certainly there are many sources like books, internet, teachers which had continuously helped me to clear my doubts. One thing that I betieve is that curiosity leads to creativity. Whenever we are becoming curious about something, we are always thinking about that in our minds and this thinking on better to gay cognitive thinking leads to some new innovations and

ideas. No doubt this value had shaped my life in edidening my domain of knowledge in vovious fields.

NAME : AYAN PANJA

DEPT. : MATHEMATICS

SEMESTER! THIRD

PAPER ! SEC - 1

COLLEGE ROLL ! 322

REG. NO! A01-11119-113-013-2010

TOPIC ! VALUES WHICH SHAPED ME

Devotion to nothing but commitment and dedication; dedication towards any thing and everything we want to achieve. We show our devotion and dedication to God by using the word 'Bhaxti'. Being devoted to god Good gives me strength and courage to lead my materalistic lite peacefully. Whenever I tind any trouble in mylife. I remember him, pray to him which given me energy and peace to solve that trouble. I believe that we exist in this world because of kindness of Good and therefore each of us must dedicate ourselves to his by supreme

HONESTY:

Honesty is a moral value that defines a person. Honesty helps us to lead a violations and honorable life. Being honest developpes contidence and courage because there is no team. Honesty is a sign of good character. Honesty helps me to actualize my true self and to realise my actual capability of doing some thing, Honesty helps

who trust we. It gives we power for being straight-forward. Honesty to myself has helped we to be truthful to myself. It has helped we to be a better friend, a better son, moreover a better person in society. Honesty is the combination of some proper virtues that leads we to go on the right proper direction. Thus I honesty plays a vital mole of influences to shape me.

SELF RESPECT!

Self respect ion deep understanding of our innate value as a person. It is important because when we have self respect we are guided from within pegarding our action, and behaviour. We also understand that no one can deminish our value unless we let them. However, it is highly valuable to keep it in the mind that you are the most important person. in your lite. Respecting yourself is a higher Coucial step to gain more contidence, strengta and self love. I think self-nespect is most valuable in my lite because we live in materialistic world. I think respecting myself. not only means valueing myself but also

making the night decisions and taking the night decisions when it comes in life.

roles of values in my lite to shape we by writing. Values helps me everytime to built my character, to achieve my lite and nelps me to get success in studies.

Values which shape me

To define values of human life in the simplest possible marner, it is the quality of one which help one to live a better life that is capable to become successful. A successful person is enlighted with many great values. Here, I shall discuss on three most important values which have shaped me for what I am today.

Simplicity - Simplicity is such a quality that teaches us to see the complex human libe in a well defined easy manner. It teaches us to live simply. I believe that simplicity is such a quality that it enriches us with a the vision o to live without extravagance. A simple minded person always get the real joy ob of libe is always more joybul than a complex mind. A simple person can help the society much better. So, I for me our being simple always motivates me. It not only makes me more happy but it also in the then human being.

Princtuality - Punchuality is the characteristic of being able to complete a required task on bullfill an obligation before on at previously designated time. From the very childhood

I was faught to do my tasks in the given specified time. Be it in study or in any other like activity punctuality has always been the key quality but me. It not only push me too ward over others but it also instill a sense of discipline in me. Too So, punchality has helped me a lot in what I am today.

Open Mindness- Open mindness implies that one feels bree to accept new and different ideas on the opinions of others. By nature, I am very open minded. I always try to appreciate others ideas and as views. I like argument and debate but at the same time. I bi always keep a strong conviction on my opinion and and betit belieb. Being open minded, helps me learn new things and ideas. It helps me to gather knowledge from many sources and that makes me a better human being all together.

These are the three values which have shaped me for whatever I am today.

NAME -> Bibrata majumdar

SEM -> III

ROLL NO -> 433

SUB -> Value education and Indian culture

ASSIGNEMENT

values which shape me

values are the things that i believe are very much important in the wax i live and work. 50, 3 main values i will be discussed in below.

- 1 Unselfishness -
- Why unselfishness ? -
- > Being unserfishness comes with a lot of benefits for me which come from doing the practice for it's own sake. It reads to a clean life. Being kind to others is a really powerfull practice that helps heal the deepest grief's in life.
- > "selfless action is a source of strength".

 Mahatma Gandhi

- Application in life -
- *) Helping those who are socially or economically inferior to themselves, like giving them foods or clothes etc.
- +) The tendenty to benefit someone outside of familiarity.
- *) keep myself connected with any social worker group.
- a) Being a triend of the environment like, planting trees, or cleaning garbage, save water etc.
- @ seit control -
- What self control? -
- → so, now, the 2nd point is self-control, selfcontrol is the ability to control one selfin terms of controlling one's desires and appeties. Those who are self-controlled can do

are not overly or under-Involved.

-> "Those who restrain desire do so because theirs is weak enough to be restrained".

- william Blake.

Application in life -

- *) Remove temptation, someone is preed for food or someone for mones, so your first or my first prioritally remove this temptation.
- *) meditation is great wax to strengthen mx self-control.
- 4) Next is laziness, more or less everyone now laziness. If I can't give up from laziness, i will dways be left behind. so, try to abandonment laziness.
- better-off financially, then i will less tempted and being spoiled.

- 3 contentment -
- Why contentment? -
- tappe and satisfied when i became unsertishness and self-controlled, this time i fell satisfied. contentment is a mental or emotinal state of satisfaction drawn from being at ease in one's situation body and mind. Basically It is a state of having accepted one's situation and is a form of happiness.
- → "I nave learned that to be with those i like is enough".

- wait whitman .

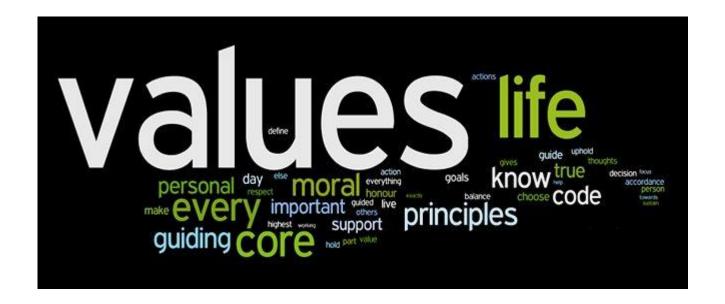
Application in life -

a) Learn to enjox simple things that don't cost monex, like reading a book, walking in nature, playing board games, or go to beach side. etc.

- daz, when my life is less busz or less stressful. That daz maz never come so focus on the positives of todaz, and that make me fell good.
- even better to show them, like someone tells me about his honest intentions, i appreciate by giving him hug, smile, thank him publicals, or spend time with him.

-so, these are the 3 main values which shapes me.

Thank you,



: Values which shape me:

Name: Sohan Biswas

Semester: III

Department: Botany

Roll: 420

College Name: Ramakrishna Mission Vivekananda Centenary College, Rahara



What is Value:

Values defined as the collective conceptions of what is considered good, desirable, and proper or bad, undesirable, and improper in a culture.

A value is a shared idea about how something is ranked in terms of desirability, worth or goodness. Sometimes, it has been interpreted to mean "such standards by means of which the ends of action are selected".

Types of Values:

As a student , we're going through thus lifestyle where we must need to flexible with different situations and conditions. So some ideas, some things become more important in our life. Some questions we may ever have in our mind as -

- **o** What are my goals in life? And have I been able to reach them yet?
- **o** How valuable is my life? Am I really loved by someone?
- o Is life making sense anyway? Does my life matter?
- **o** How will my future look like?
- o And what happens after death?

We are really worried about those questions. But we should be patient to get answer of those questions. In this situation if we have a better education on value, it helps us to improve ourselves. So among them most important 3 types of values in my life to set my goal are –

1. Kindness 2. Patience 3. Self-Giving

1. Kindness:

Kindness is about treating others the way we want to be treated. It's more than just holding own tongue when we're tempted to say something unkind; kindness looks for ways to make life better for others. It takes delight in lifting others up and reminding them they're not alone, invisible, or insignificant. Kindness to ourself is also important, and it's the basis for self-care. Don't forget to be as kind to ourselves as we want others to be.

Not only in our student life but also kindness is so important as we grown up, we've to face various types of problems and we may face various types of problems in our life in future also; if we practice to be kind it will make a better future for us.

Kindness code: "I treat others as I want to be treated — with thoughtfulness, patience, and respect."

2. Patience:

No one wants to be treated like an inconvenience or a burden, and sometimes your priorities have to change to make room for something (or someone) more important or more likely to help us to grow. When someone is pushing your buttons, taking your time or attention away from something you want to finish, or making your life harder in some way, you practice patience by putting yourself in the others' shoes, trying to see the situation from their perspective, and responding with kindness and respect.

Patience code: "No matter how I feel when someone interrupts me or gets in my way, I always treat them with the same patience I hope for from others when necessity compels me to interrupt them or get in their way."

3. Self-Giving:

Another word for self-giving is sacrifice, but self-giving has a more positive connotation. Essentially, you're giving of yourself — your time, your attention, your energy, your treasure, your abilities — to help or enrich another. Real love doesn't hesitate to give of itself until it hurts, knowing that the momentary pain is nothing compared to the benefit won by that self-giving. The word "selfless" implies that someone has given so much of themselves, they've reserved nothing for their own use or enjoyment, but in giving yourself — if you give out of love — your joy is in what that gift brings to others.

Self-giving can be overdone but only when the motive is pride (or insecurity) rather than love.

Self-giving code: "I give of myself to others not only to connect with them but to acknowledge our connectedness. What I give to them, I also receive."

By expressing those values, the common code articulates different aspects of the shared mission and becomes the key motivator for those who share it. Think of each small action as a seed you plant that, as long as you nurture it along the way, grows into a healthy tree with roots and branches, shedding seeds of its own. Our values are the life in every seed you plant. Choose the best values, and make them part of your blueprint for personal growth.



Values

Portha Sorathi Das PHSA, sem-3 Roll-168

Introduction:

Values are basic and fundamental idea beliefs that guide on motivate attitude on actions. They help us to determine what is important to ws. Values describe to the personal qualities we choose to embody to guide own actions, the soul of person we want to be, the manner in which we treat ourselves and others, and the interactions with the world around us. Values in navrow sense is that which is good, desirable, or worthwhile.

Morial Values:

Moral values are the behavioral practices, goals and habits which are validated by the society we are fart of. This set of values typically becomes embedded in owr behaviour through a long process of observation, education, conditioning and social quidelines. Moral values concorn themselves with night and wrong. They also define what is socially acceptable, good on evil.

We should always try to be honest. It is own duty doclean own study tables, nooms etc. Self-control is very important in own daily life. We should try to be a simple forson, but not so simple.

social values:

social values is about understanding the nelative importance of changes that people emperience and using the insights we gain from this understanding to make better decistions. We should understand try to nespect and religions, try to help poon as much as possible. In society functuality is very important.

Aesthetic values:

we must have aesthetic values. We can express owr feelings through music, fainting, dancing etc. we can appreciate the beauty of nature through drawing, formete. we should have good manners.

Conclusion:

If we maintain these values in owedaily life, we become a good, so cial human being.

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RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

MID SEMESTER ASSIGNMENT

NAME - MOYNAK DAS

ROLL NO-357

REGISTRATION NO -A01-1112-113-038-2020

DEPARTMENT - MATHEMATICS

PAPER - SEC





Values which shope me.

economic conception. But how deep the word value means is still unknown. It seems that something is missing, no matter how it is explained. The word value is associated with every thing, mon, animal, nature, etc. That thing are connected to us, they have value, we have them.

But here, I am discussing three life of value.

Delt study: - self-study has a good value in our libe. It we always rely on someone to slady, it becomes difficult to learn properly. If There is problem some where, it should be understood that the leachen someone else in coming, but it is not right to rely on it completely. Mony things can be maded in less lime by self-stay I believe that, it will help me

bully achieve my own goals in the future. 11) Help: The value of lowny help one giving help is infinite in society. we have all gotten halp brom some one on helped some one. our lives are short-Rived. It is not possible to over-Come everything alone. This is what, I have realized every moment along life. Throughout my education life. I have been constantly receiveing thelp from my leacher, which brought me to the current situation. My family member and briends have helped in a similar way. In the same way I have helped as much as possible. I believe Ital, by using their help and that half I will reach my goal in my own endeavor in) Aesthetic: The music is a thing by which, many big things are made small and difficult can be easily explained. The drawing and other aesthetic thing works in a similar coay. Artistic talents live singing, ploying musical instruments, drawing

Painting, Loncing and montial ants bloom a

personality. In all these things, singing and drawing painting are the most improblent things in my life. Because, when I tell done of and upset, this, I tell back to my normal state by these. What I always think that, these will also alleviate my loneliness in the future. So, these play an important role in my life as a value.

Topic: Values which Shape me

There are several personal values in my life that shape me. But i will mention only three important values that's are

1: Self Confidence

2: Patience

3:Determination

Self Confidence: Self Confidence means you accept and trust yourself and have a sense of control in your life. Self Confidence is the great value in my life. I know my abilities and weakness. My success mostly depends on self confidence. It increases faith and help to come back after getting failure. It doesn't allow give up hope. So this value will help me to maintain faith in myself, stimulate to do hard work so that I get success and overcome challenges. As a student i can feel the importance of self confidence.

. .

Patience: Patience is the one of important value in my life. Patience is the ability to endure in difficult circumstances. To hear the patience it is seen so simple but in reality it is very complicated thing. Achieving such value is more difficult that we think. Although every body should practice it. It gives me happiness, peace and extreme energy for continuing hard work for long term goals. And also it will help me a lot as same in future.

Determination: Determination is the spirit of increasing chances of success in particular thing and achieve particular goal in life. Determination is very strong and worthy personal value. Strong determination means high high probability of getting success and overcoming hardles, difficulties and failure. Without asl strong determination we will decline against adversity or a great challenges in life. It motivated to do not give up in any circumstances. So everybody should keep a strong determination. For me having determination keeps me in control and motivated to continue along the path of a achieving my long term goal in my life. And also it will do same in future.

Ramakrishna Mission Vivekananda Centenary College, Rahara Kolkata - 700118 Skill Enhancement Course: Value Education & Indian Culture

Semester - III : Mid Semester Examination Project

Values Which Helped Me Shape Who I Am Today and Will Help Me Reach My Ultimate Goal in My Life in Future

Name: Koushik Mitra

Department : Zoology

B.Sc. (Hons.) Semester - III

College Roll Number: 504

What are Values?

Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a human want or desire. All things that satisfy human desires are good or have value. Food is good; it has value because it satisfies hunger. Shelter is good because it saves us from inclement weather and wild animals. But this definition does not go deep enough. It is generally recognized that there is relation between the satisfaction of desire and the preservation & furtherance of life. Value in this sense is essentially survival value. It is adjustment to the environment. But such a conception of value is still inadequate in complex human civilization. Men's wants today are much more complex and numerous and goal of life is much more comprehensive. Man is not a mere animal or a bundle of desires. Man is not only a body-mind complex but a person, a Self; a spirit. So, what satisfies his personality or contributes to his self-realization is ultimately valuable to him. His wants and desires must be valued themselves in terms of their relation to his fulfilment in self-realization. Man must go beyond organic method of satisfaction of desire to reach the concept of what is intrinsically valuable. There are absolute or intrinsic values cherished by all persons beyond all differences due to time and place.

Values Which Helped Me Shape Who I Am Today and Will Help Me Reach My Ultimate Goal in My Life in Future:

1. Unconditional Love and Kindness:

In most cases, if you love someone, they will love you back. This, however, is not the real meaning of love. Love should be unconditional. With more love in the world, kindness will follow and replace cruelty. I have learned that spreading love—not hate—will bring us happiness and success in our adulthood.

2. Honesty:

I think that dishonesty and cheating are wrong and will get us nowhere in the future. As a student, I think that one is only hurting oneself by cheating. Dishonesty, even if effective in the short term (e.g., cheating on a test), will eventually catch up to a person and end with negative consequences in the long term (e.g., being unable to pass an entrance examination due to having cheated on tests in related subject matter).

3. Hard Work:

When I was young, I learned that success was 1 percent inspiration and 99 percent perspiration. Nowadays, many of us want to cheat and cut corners in our studies because we are lazy and don't place any value on hard work. This thinking must change. Those who are truly successful know that the work they put into something largely determines what they get out of it. If all of us can learn to see hard work as an opportunity rather than an obstacle, we will be far happier working toward our goals as adults.

4. Respect for Others:

Unfortunately, in our highly competitive, dog-eat-dog society, many people tread on others to get ahead in life. Respect for others should include respecting different religions, races, sexes, ideas, and lifestyles. When we lift those

around us instead of putting them down, we all have a better experience. I have learned that my successes will not be built on others' failures.

5. Cooperation:

To achieve a common goal, all people must work together. If this is not done, a few people may profit, but everyone else will suffer. I still believe in the motto, "united we stand and divided we fall." Healthy competition can help people to innovate, but to be truly successful as a society, we must cooperate first and foremost.

6. Compassion:

Compassion is defined as being sensitive to the needs of other people. If there were more compassion in the world, there would be far less hunger, conflict, homelessness, and unhappiness. If all of us were better educated in empathy, each new generation would have a greater chance of remedying the ills of society.

7. Forgiveness:

I have learned to forgive my enemies and the people who hurt me or try to hurt me. In my experience, this idea rings true regardless of one's faith or lack thereof. In most cases, anger is caused by an unwillingness to forgive. There would be less violence and fighting if we all could learn this moral virtue.

So, these were some of the values which helped me shape who I am today and will help me reach my ultimate goal in my life in future.

Sayan Shom chemistry Department Sem-3 Roll-207 Reg no - A01-1152-112-009-2020

-: Values enhich Shape me:-

in the way he live and coorn. They determine their priorities and deep down, they're probably the mean - sures he use to tell, if his the is turning out the way he count it to.

The values from the foundation of a human life. They dieate the choices a person to make and determine the direction that his life takes. A man's value influence his decisions related to his relationships, career and other activities he engage in.

There are absolute or intrinsic values which evenished human to make his the meaningful and of am not exception of that. I have also a experienced the importante of value in my life. Some of them are here—

Moral ralues :-

I have rearned from my childhood that 'Honeshy is the best policy'; in that time I could not under stand the meaning of the statement but now in that stage I am feeling that to become succide honesty is not only the best policy but also the best path. One who can control himself from many external or internal factors can overcome from any exam of his life, A person who has suf-control does not get distracted easily. This enables them to manage their time and resources better. They tend to make sustained and focused efforts towards their goals

In my We, self study make me easier to accuire knowledge from huge sources. Because by self studying I spend more time to collect more datas about my study topic and enhance in my knowledge. Besides them other moral rakes like cleanlines, simplicity help me to under stand their acctual importance in my use.

☑ Aesthetic %-

Only depending on one thing connot lead a proper human being. So, of do other swith time drawing, planting trees, singing besides my study and also of play many outdoor games like football, cricuet evhich enhance my chareeters and mind to a better value. We are tivin leaving in a socity so communication shins is very important. My teachers, parents and other seniors have learned me how to communicate diff with olifterent peoples which teach us how to respect our seniors and make a good relationships with our Juniors. Also, the creativity help me to do any work with perfection and of alaways try to maintain it in any condition. Aesthetic values really help me to build my charecter.

Cognitive :-

In all thing, that we do in every day, need powerful concentration, by which we can do that work in a better way. From childhood to now g feel that how conuntration is more more important. Not only study but also in all works, theorem tration is very aseful. If have learned that gif have self respect only then g can fell what is good and bad. In our daily life many persons tell as different things but it have

not self respect then we cannot revise to what he say, and is this good or bad. These values really shape my rife to make a better human being.

This all values are really help me to reach in my per present state and g will wish in they all help me in my future.

Name-Supratik Bhunia Chemistry Department Sem-III Roll-209 Reg No AOI-1112-112-002-2620

What are Values:

Values rose basic to fundamental beliefs that guide or molivale. attitudes on actions. They help us to determine what is important to us. Values describe the personal qualities we choose to embody to quide our actions. Values not only give us guidance but also create parameters for what we find to be morrord, meaningful and helpful when we live in alignment with our values, we feel locater.

what is self study:-

Self study is a learning method where students directs their own studying, outside—the class room and with out direct supervision.

Since we are able to control of what and how—they are learning what and how—they are learning control of what and how—they are learning what and how—they are learning. Using self study I am able to go learning self study I am able to go learning self study I am able

what my class text books and inbluctors teach me by practicing self shory, I am encouraged to explore further topic in which I am interested and devoloping am interested and devoloping stronger study skills as a result. So, it must be said that self study is the most important value of my life that made me.

Fruth & Homesey:-

Both the words are complementary to each other. Homesty is the simplest thing and it develops a practice of speaking touth throughout the life. It must be said that homesty implies being touthful. Homesty is the foundation from for south in a relationship and trust is necessary for a relationship to function and theire. There is a common planse. Homesty is the best policy. Honesty helps me in Leveloping good attributes like kindness, discipline. morality etc. Honesty removes fero from my low heroland makes one courageous and confident. I always try to maintain these policy in my life.

Humans are social creatures. So, we have society and we live dogethor or we can say that we live in a group. There is a common phonese. Unity is strength, in my complete school life & have learned about unity. From our very loogining me, the students, have nonked together was I prosticipated many group discussion for our study. The work will be more easier if we work in a group, works in a group can improved our Knowdge, Stis more significant to me that much of the work is done in groups nother than individual. So, it is the one of the important values in my life that shaped me.

Acknowledgement, — the success and final outcome of this assignment required quidance and assistance of some people. I consider myself fortunale and to have got this all along the completion of my assignment work. I respect and thank so our principal maharaj Sucami Kamalasthananda for maharaj Sucami Kamalasthananda for opportunity to do this assignment.

NAME:-ARYA BHATTACHARJEE REGISTRATION NO:-A01-1112-113-043-2020

COLLEGE ROLL NO:-364

SEMESTER:-3

DEPARTMENT:-MATHEMATICS

SUBJECT:-SEC

MID SEMESTER ASSIGNMENT

TOPIC

VALUES WHICH SHAPE ME

Here I have tried to give my honest opinion about my thinking about three values which shape me. Here it is one by one

1) Self-control---

Before, till at the age of 17, sometime in the case of food, talking style and playing video games I was lack of control. For this sometime I was scolded and sometime I had to be a laughing stock among my friends.

But with time I started interacting with society and this value started growing into me. This helped me a lot. Sometime I got hurt and was angry by some illogical talking or behavior of someone. Though I was giving logical reason

but he did not stop.in this case I controlled myself and avoided quarreling. I have controlled playing video games as it was damaging my study.in future I think controlling speaking style will help me to prevent breaking relations or hurting others.

2) Independent thinking---

This is a very important and logical thing which plays an important role to shape me. Till age 17 I had a problem. If my friends or teacher told me something about a competitive exam, often I got attracted to that and got distracted from my main study line. Except that if a much known elder person told or scolded me to change some of my habits and attitude I tried to do so. But now I think whoever is telling me to that, he is also a man and there is a chance that he is wrong.so I think about it and if get no reason to obey that then ask them why I should change according to them. And about the study, I know my potential.so in spite of reading that blindly, I judge if it is good and fruitful to me. And then go ahead.

In future this value will help me to take decisions in my life.

3) Truth ---

Till at age 18, I some time lied to hide my fault from parents or friends. It gave a feeling of repantence.so I started practicing not to do such work for which I had to lie. And if I do such work, then I try my best not to lie. This practicing gives a feeling of happiness.

I think this will help to make my character good and improve my spiritual values.

RAMAKRISHNA MISSION YIVEKANANDA CENTENARY COLLEGE

Mid Semester Assignment

Topic - Values Which Shape Me

Name - Souvik Nath

Semester - III

Roll No. - 312

Reg. No. - A01-1142-113-007-2020

Values Which Shape Me

· Inthoduction is

"Values are like lighthouse, they are signals giving us direction, meaning and purpose"
- Rechalter Journal.

Nothing is given to man on earth Struggle is built into the nature of life and conflict is possible. But the man who provents all the obstacles and be the hero in the society, due to the value he has chosen. Like the above quotes values will be compare to a lighthouse which signals us to a peaceful life.

My Values:

To be a human values and the most important part of the life and my life is not exceptional, the values which shape on me aborded below. This values imphore my sour path for my life.

i) Counage: +

Courage is about doing what I belief needs to be done in the absence of feat but inspire of it. I might feel disinctined to offen a genuine apology out of feats that the other Will he ject it, but courage will help me apologies anyway because it is the kight thing to do out of hespect for one I offended. Courage hequite a step outside of my comfort zone. It I have no feat I don't need courage. Courage is that I don't need courage. Courage is that I don't need courage.

ii) Honesty in

In the helam of human values I think honesty! is the most important. The idea of stansing time to one self can often feel in timidating and impossible, but what most act of simply telling the that is not the someone homest hather the quality of a person who is being honest. I won't lie to others and my self all the time but I have always thied. And through that thy on at least some steps closer to my goal on at least some steps closer to it.

iii) Listening is

If I active listening which is a whoe value for me. This value in put and invest time and enough in leahning now to see thing thom their perspectives. So it make some that when someone wants to tell me some thing I give them my full attention— and thought fully consider their worlds, where as before I felt.

I becordize that, I do not know everytime and I don't see even familian things from every angle, so I appreciate it when others shake their behospectives. And my body danguage as well as my feedback shows them I am listening and that I come about what they have to say.

Applying this value in my life I dain extra-energy and give full attention.

When my teachers tell me some things about my study: I have always thied to listening when someone tell me anything and I think I may have when to Coseh to my your.

I conclusion is

Our values he bresents our personal duiding principle on life food, duiding our behavious in all aspects of life, including our home life, work life and our social life. My values dictate the choices I make and determine the direction that my life takes. This values will influence my decisions helated to my helationships career and other activities.

NAME - SANDIPAN RAKSHIT.

COLLEGE ROLL - 134.

SEM -> 3nd.

DEPT -> PHY SICS.

SEC MID SEMESTER ASSIGNMENT.

REG. NO -> AOI-1152-111-023-2020.

VALUES WHICH SHAPE ME

Entroduction: Before we look at the definition of personal valuer, Let's take Sometime to understand what the world 'values' Stands fore. Ours values are important as they help us grow and create the future we want to expersioned. Personal values can be desirable goals that motivate ours actions and guide us through ours lives. Personal values differs from Person to Person and are often affected by one's culture, upbringing and life expensioness.

I discuss three values which shape me in my life and help me to achieve the goal in future till how.

- 1 Honesty :- we know that 'Honesty is the best policy'. There is an important vale of honesty in my life. It helps me to learn good behaviour, follow roules and regulations, maintain discipline, speak the trouth etc. in my daily life. An honest Person is always Known for his her honesty. It also heeps me to succeed in my life till now. So, we should maintain honesty in ours daily life. I think it can help me to achieve my goal in future.
 - @ courage :- courage is a key of characterist of leadership. courage is techable skill when It comes to take initiative and action.

It helps me to built my leadership Skill. Fear Plays a rocke in being councigeous. Courage council cou

3 simplicity of simplicity is the Processor to Sustained development. When I Proactice Simplicity, I find Preace, joy and contenment in the Little things. Simplicity is Slowing down and becognizing the beauty in ours surprocundings, the environment we are in; the Smell, Sounds, tastes what we see and feel. When I under Stound Simplicity, I begin to have an approaciation for things. that I may not have noticed in the Past.

The little things in life become the biggest joys.

because they create some of the biggest joys.

It will help me to enjoy life's Small Pleasures in future.

NAME: ANIRBANT DAS.

REG No: A01-1122-115-008-2020

ROLL NO: 512.

DEPARTMENT : ZOOLOGY 3rd S.

Values which shaped me

Due principus, values on ludifs are the lens through which we see the world, neither they are optimistic on pessimistic, provides us the leasis for the skiels we choose to devolop, time we choose to invest and habits we choose to use.

habits me choose to me. There are a lot of values which guded me for who I am till now, leut I am mentioning here three of them which are firstly, I ruth in actions, buth in intentions. One thing that I really value is integrity, a lie can travel the world deepore truth even leaves the room. A outenful person gets respect, regards & love ley others everywhere. From my suildhood I trued to be a terme hearted person to my family, forends and to all people I met in my life hence eliminiating all false. Secondly, I always kept a chick on my lechaviour, which is very important towards others, and also for me as a person for interacting with people. I remain politi enough and treat others well respect and kindness in my attitude. We must keep in mind that elders are the roots of our future, so we should respect them. I always compliment others as it shows my love & sare towards them. Hence a good moral character is lealt whenever rue techane humanly to others. hastly, having a discipline in my life. I trunk it is the most under rated value in human's life but is so important. Only a well disciplined person can manage each and everything efficiently and can grow in their life: Weether I am at my workplace or simply in my home, I know my ethus what is right and what is verong, beelieving and following humanity.

values we choose to fin in our minds today determines tommoronis character and culture. We start to change who we're becoming and where we're headed when we change what we haded when we change what we haded and picture in our future.

NAME - BISHAL ROY
DEPARTMENT _ MATHEMATICS (HONS.)
SEMESTER - THIRD
PAPER _ SEC I
COLLEGE ROLL NO - 319
REGISTRATION NO - A01-1122-113-011-2020
TOPIC - VALUES WHICH SHAPED ME

- VALUES WHICH SHAPE ME ;-

- HONESTY: In the nealm of human values, I think 'honesty' is most important. The idea of staying true to everyone can often feel intimidating and impossible, but what most people fail to realize is that it is not the act of simply telling the touth that makes someone honest norther the quality of a person who is being honest. I won't lie that it was possible for me to remain true to others and myself all the time but I have always tried. And through that try I think I may have come closer to my goal or least some steps closer to it.
- Nays, but ultimately it comes down to recliability and trouth. Without troust the world simply would not function. It is one of the most important human values someone can have. It was always taught from child-hood to trust those people who were around me, my parsents, relatives, friends, teachers. Learn to trust and be trousted is not

beyond measure. In a world without troust no one can survive.

SELFLESSNESS: Selfleseness is the practice of not putting yourself first and willing to help others without expecting any newand. Although it is a very different think to do I think it is one of the most important value everyone should follow. A self centened nann. -OW mind always brings violence, bitter relationship with each other which makes the world difficult to live. Everything is betters when everyone is happy. A random act of Kindness can change the world for a person. It can heal the deepest of groief for Someone. If we see someone needs my helf and I am capable of helping them then it is the best thing to help them. Selflessness is one of the most important value that can help improve relationship with my friend, family, teachers and any other pensons.

Sagnik Mondal Microbiology Department Semester 3

College Roll no: 632

Registration Number: A01-1122-116-022-2020

Subject: SEC (Value Education)

Nonviolence is a moral value in which the act of physical force and aggression towards all forms of life like humans, plants and animals is seen as non-beneficial. Nonviolence is a critical moral value in today's society because many people are prone to fighting due to various reasons, and I believe that positive thoughts instead of violence lead to a better outcome. Nonviolence is something that I have always believed in from the start. I believe that peaceful resolutions can be advocated if I am not violent towards someone else. When I drive, I have to consider all possible situations where I might need to immediately brake, which can be due to pedestrians or other drivers, altogether with maintaining a calm mind. Instead of speaking angrily to that person, I believe that simply saying "please be aware while on the road" is a significantly better solution for both involved parties. By using my nonviolent mindset in haphazard situations like this, I believe that many people can subconsciously learn the importance of resolution, and how important it is to not immediately resort to violence in every situation. And by realising this, we can help others understand the importance of nonviolence through actions. Therefore, nonviolence is a value which shapes me.

Truth is an important spiritual value in which a person is truthful to themselves and others, where they are in accordance with facts and reality. Truth is important for our growth as individuals and as members of society since being truthful means we learn from our mistakes, accept reality and mature from it, while at the same time develop honest bonds with each other. I believe that being truthful is important in who I am as a person. In terms of education, being truthful helps me grow and mature. During training academy classes, if there is a particular subject or concept that I don't understand, I will ask my friends to help me understand said subject or concept. I believe that by accepting and acknowledging my shortcomings, I will grow from this and will strive to do better for the future. Truth breeds honesty, which when continued breeds good habits, and by maintaining a truthful life without deceit then ultimately I will lead a stable and happy life. Therefore truth is a value which shapes me.

Cleanliness is a moral value in which one practices the art of keeping his or her surroundings clean in order to better their physical, mental and emotional health, which helps shape their overall character. Cleanliness is important in our lives as it helps reduce spread of infectious disease from person to person and the environment. It is important that we maintain a degree of cleanliness since if our exterior and interiors are clean and contain no impurities, we will therefore lead better lifestyles. If my surroundings remain clean, then I remain clean and healthy. And not only does it improve physical cleanliness, but also mental and emotional cleanliness. If the air I breathe is fresh, then my mind receives clean oxygen with no impurities, which improves brain function, reducing any fatigue and stress. And if my mind is clean because of my surroundings, then so is my emotional health. A clean lifestyle ensures that I also remain clean. Cleanliness is therefore a value which shapes me.

Name → Akosh Mondal College Roll NO. → 133 Registration NO. → 401-1152-111-022-2020



Values which shape me

God has given life but it is own mesponsibility to achive the age of crows - commercialism and we all tonget to attain a pain standard of living with a spirit of constentment. Its a result, we are charing own goals I am a college student who has just crossed his teen-age and the good of my life is to be a good human being and a mespromible citizen of my country. Boridal this, I also require academic success in my lige to be established in life . But that should not be the be - ar and end - all of own life . I want to purpose meseanch work in physics, and so I am admitted Physics - under graduation cowice of an prestigions institution. so I think I am on night back for schering what I am, where I am and whotever I acheived are of with the help of some money quotities. There are many to name of these qualities but the most three improvement qualities are the 3-D! - Discipline, Declication and Determination. We all know that academic life without discipline leads to big zero. Even there is saying that :> "It is disciptine I what you need! In student's life sow its seed."

The desciptine itself begets to a number of Vintues. It begets mespect from every Cormen. It made me on ideal student discipline encourges me to fight against any odds. I can create an environment of working habit by leading a descriptined life. I have also chough times for studies sports and Social works by leading a descriptined life. Discipline is the very nucleus of the protoplasm of my every achievement, discipline costs us nothing but it is the summon bomm of my hipe. The Socond one is dedication, that keeps me always energodic and longer. It provides a frame work for better academic sky as pell as improved interpersonal relationship.

to keep up with complications. I try to be dedicated sedication keeps me mentally strong and helps me tonget a pain . It makes me work hand . Bosides these dedication breach optimism in me . Thus dedication brings a good soly-concept, strong, sely-esteem, and a belance between what I want with what I am capable of. Now last one is determination which keeps me always motivated. adotermination enobles me to prosist in the face of difficulties. It makes me to march fearlessly ahead with faith with I achieve my good. It also thelps me continue striving towards. The one thing I want to acheve . Determination is what keeps me going to achieve my disorder goods even when hit by setticales and I-follows. Determination is a great mother ating force. It motivates me to dream bigger and achieve higher. It inspires me and keeps me moving even when faced by adversities tet ermination problems me to display my ultimate protential. It makes me believe in my self and my draams. It makes me stand a hette Hirmon. Smoot, determination is the key to success. So these are the three virtues which shoped me to what I am and will continue to shape me towards the ultimate

Name: Souvik Mondal

Registration no: A01 - 1112 - 117 - 017 - 2020

Callege roll no.: 725

Department: Computer Science (III Sem)

Subject: Value Education

Values are the things that I believe are fundamentally important in the way I live and work. They shape how I interact with others. They determine my prior ties (whether I am conscious about it or not) and they shape the chaires. They are the measures by which I judge myself and they are also the measures by which I judge others. In essence, my values are a compass that helps to make decisions and choices. Among many of the values which chemishes human to make his like meaningful and I am not the exception of that. I have also experienced the importance of values in my life. Some of them are-D Self Contral: A person who has self-contral does not get distracted easily. This enables them to manage their time and resources better. They end to make sustained and

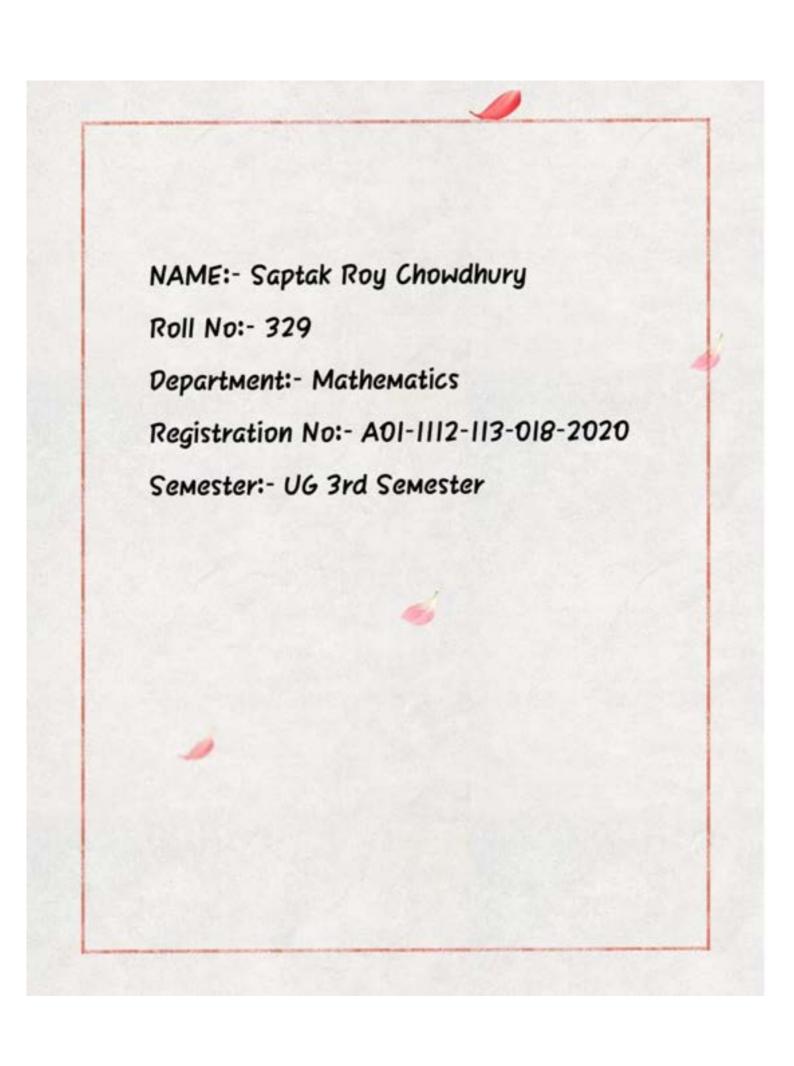
Delf Control of person them to manage their time distracted easily. This enables them to manage their time and resources better. They end to make sustained and and resources better. They end to make sustained and socued effords towards their goals, which are more focused effords towards their goals, which are more likely to result in success. I have observed it many easies that when I control myself, not to do something. I feel a that when I control myself, not to do something. I feel a that when I control myself, not to do it. So, self little excited but I am adamant not to do it. So, self little excited but I am adamant not to do it. So, self control is so valueable that it has made my way easier to my present state.

@ Self Study: Self study is very important in subdent lise. It is not essential only for pass out in exams but, lise. It is not essential only for pass out in exams but, also important to acquire knowledge. Self study help me also important to acquire knowledge. Self study help me to understand my subject. I used to keep a long time for to understand my subject. I used to keep a long time for self study after the time of my coaching and school/

College. By practicing self study I am encouraged to explore Surther topics in which I am interested and developing stronger study skills as a result. So, self study is also so much valueable as others which I ever seed.

3 Honesty: Honesty is the only key factor of success, I sollow this rule every time in my life. The value of honesty give my work a proper structure. When I do a honesty give my work a proper structure. When I do a work with honesty and truth I seel so good. Honesty work with honesty and truth I seel so good. Honesty helps me in developing good attributes like kindness, helps me in developing good attributes like kindness,

Except this three are other values such as spritual value, aesthetic, cognitive, social values etc. which also helped me to reach in this present state, and this will also help me to make my future.



VALUES WHICH SHAPE ME

loy diver Disney, an american businessman and cofounder of the Walt Disney control, once said, "It is not And to make decisions when you whow what you values are" so to analyze the satatement, we have to firstly are basic and fundamental beliefs that quideon which we act and fundamental teliefs that quideon which we act and lame in many forms during own small and regular actions. Mural values are either moral or spiritual scalar beliefs, which help in e to become an item citizen.

TRUST: Trust Can be interpreted many worg, but ultimatery it cames down to reliability and truth. Without trust the world simply would not function. It is one of the most important homeon voluces someone can Dave. I was always tought from chidhead to trust thore reopie who were around me, my borrents, relutives, hichels, tealers. Learn to trust and be trusted is not an easy task, but the importance is buyand masme. In a world without trust no one consinving.

CARING: Often seen as displaying kindreg and.

Concern for others the time importance of this value lowed homethe work or traction of looking often theme what eto Grefor themselves, and for other both they seems and spiritually is a vitally important value to lame; brother

WILL almong rely on someone elected ecip at one point on another but we often fail to manige for much of a difference ching for chother burgon on move. i bergangly Rome felt a stronge Rappinions wernown I love taken cone of Someone. HONESTY: - In the main of Ruman values, R-think terosty is must important. The itea of staying time to onesur an often feel intimidating and impussible, but what most people fail to nealize 18 + Pert 1+18 not the act if simply towing the thirth that making someonic Early rater the quality of a berson who is being Conser. D won't hie transt was borride forme to nomain that to others and mysuf all the time but I Parkainers tricel. And through that try I think I may have come closer to my goal on at least

Some Steps Claren to it.

Values which shape me Naturally values are those, which satisfy human dosire. But if we think deeply then we realize that there are some special values which are need for build our personality. These come to over mind or as can alheive that by self realization. Those are called intrinsic values. I are have gained some values or attleast have realized by myself that it helps me in my life for progress. Triret of all is "symplicity". I think the world may be complex our society natures everything may have complexity But If at make ourselves simple, if our mind remains as clear as water then ac can face anyone, any Situation. Simplicity is like a acapon for every hard situations. Decause it makes our mind free, fairless. And thy simplicity are can grow up our self confidences honesty Every human being has aesthetic values. I othink in our course life some aesthetic natures are need for relaxing our mind. That can be anything - Singing, duncing, drawing, writing reading. I also have some aesthetic natures. From those mentionable is 6 drawing? . When I cann't express my thinking by words I conveniorers that by drawing. It helps me to see our nature more bealifully. It gives our byes more clarity. we can learn values of our environment from aesthetic senses. Clearliners also come from this. When I know about my contrily by reading books, seeing the environment, wow more and more about our society. In that time it cherished my mind to gain social values. Insociety are

all are living stogether. So we have to respect all religions. Every man has a faith, we should respect their faith My happiness depends upon others happiness. Then our society will the peacefulandhappy.

So there are my small self-realization. I always try to be better. There values help me lot. I believe that in future I evill gain more values and will continue.



SEC Mid Semester Assignment Topic - Values Which Shape Me

Regd. No - A01-1112-113-005-2020 Roll No - 310 Depertment - Mathematics

VALUES WHICH SHAPE ME

Roy oliver Disney, an American businessman and Co-founder of the walt Disney Company, once said, "It is not hard to make decisions when you know what your values are."

So to analyze the Statement we have to firstly know what are values specially moral values. Values are basic and fundamental beliefs that Juide or motivate attitudes or actions. They are the ends to which we act and come in many forms during our small and regular actions. Moral values are either moral or spiritual secular beliefs, which help one to become an ideal citizen.

Everyone's life is bounded to some extent and this assures the presence of moral values in human beings.

My life is not the exception. So, here i will discuss

Some moral values, which helped me and will help me in future.

Discipline: - 1 am a missionary student from class one and as a result 1 follow all their advise to be disciplined in life in all prospects. It is helping me in

every condition. From the wake up time in early morning to the Sleeping time it will help me throught out the journey of my life. It helps me by teaching me how to control my feelings or emotions and how to stay cool and calm in bad situation. It grows my patience cool and calm in bad situation, It grows my patience lit shaped me with a beautiful smooth touch and in suture it will also help me.

2) Respect: The second thing which is helping me by Shaping my personality is to behave with other people, as they are your friends. Their is a quote of Karma as they are your friends. Their is a quote of Karma Yoga, "serving another is serving God," and for serving other person, we will must give respect to them but it other person, we will must give respect to those who don't respect doesn't mean give respect to those who don't respect doesn't mean give respect to those who don't respect you. I think this value will supely help me in future.

3 No Judgement: There is a famous quote, which says Do not Judge a book by its cover. It deeply means that the ideal person never Judges someone on his/her appearence, He Judges by the persons inner beauty. appearence, He Judges by the persons inner beauty. Inner beauty means cleanliness, layalty bravery not maturity. Ideal citizen doesn't have any tendency to punish someone for their mistake. This will definately help me not only in future but also in present time.

So, these are the 3 moral values, which shape me or will shape me. There are many other moral values, but i choose them, as I practice the moral values.

Name -Subhranil Dawn

Registration no- A01-1152-113-027-2020

Roll no -637

Department -Microbiology

Topic - Values which shaped me

Values are about what we consider important to the life we want to live. They inform our priorities and when practiced consistently, form the character we want to have

Three values which shaped my life :-

• Forgiveness :-

Forgiveness is about letting go of anger and resentment toward those who have hurt or offended us.

Forgiveness shaped my life a lot

- 1. It helped me to move forward on my spiritual path
- 2. It replaced my negative emotions associated with unforgiveness like anger, jealousy, etc
- 3. It helped me to free from the control of the person who harmed me
- 4. It gave me more ability to move on from a hurtful situation, adverse thoughts and feelings that in turn ,allow my physical being to heal
- 5. Relieve my mind from fear of betrayal

Through this value I now can continue my life peacefully with my thoughts and actions...

Courage :-

Courage is about doing what we believe needs to be done not in the absence of fear but in spite of it

This value helped my life to take and respond risks appropriately.

- 1. It gave me the ability to put aside my fear of failure and take the steps
- 2. Helps me to overcome the fear of rejection
- 3. To pursue my dreams my ambition
- 4. By embracing courage and incorporating it in my life my sense of happiness increased a lot
- 5. Courage gave me the power and ability to step outside of my comfort zone

Through courage I can now attempt things that I have not tried before ,boast my will to overcome any sort of hindrances standing between me and my dream .

Integrity:-

Integrity is about acting and speaking in accordance with our beliefs
Integrity is one of the value that makes my personality more secure and confident as a person

- 1. It help me to gain trust of my friends, my family members and others
- 2. It gets me to be more dependable for others
- 3. Developed me as a role model for others life
- 4. Everyone starts to believe in my decisions
- 5. My character shows honest which leads everyone to trust me.

Integrity value provided me a lot of success in my life. It actually become one of my crucial one to build myself completely and shaped my life .

VALUES WHICH SHAPE ME

Values are the things that we believe are important in the way we live and work. An object is said to have value if it satisfies a human want. For example: Food is good or has value as it satisfies hunger. Values determine our priorities and deep down, they are probably the measures we to tell if our lives are turning out the way we want it to. Thus there are many values which have shaped me to what I am today and will continue to shape me towards the goal of my life. Three of many values which help me are (1) POSITIVE THINKING, (2) TIME MAINTENANCE, (3) RESPECT.

1) POSITIVE THINKING:-

It refers to a belief or mental attitude which makes me think that good things will happen eventually and my efforts will pay off sooner or later. It is the opposite of negative thinking. Let it be clear that positive thinking does not mean one do not notice the bad things in life. It means one should try to find a solution in productive way instead of whining about it. There are many ways through which I build positive thinking. To begin with, I inculcate the habit of reading motivational and inspiring stories of people who are successful. Positive thinking gives many benefits to me. The first one is better health. Negative thinking gives rise to anxiety. Stress, frustration and more. However, positive thinking helps me avoid all this and focus on staying healthy and doing better in life. It is essential for me to fight depression which positive thinking helps with. It will allow me to get rid of stress. It helps me to stay free from diseases that form due to stress, anxiety, and more. Moreover, it is also the key to success. To conclude, I want to say that as positive thinking plays an essential role in our lives, we must make sure to adopt in our lives.

2) TIME MAINTENANCE:-

Time maintenance is one of the most crucial skills anyone must possess. The skill is also extremely important when a student progresses onto into a professional setting. Time maintenance aims to educate people and help them discover how to make the best use of their time. Everyone has the same 24 hours, however some make better use of their time than others. This is one of the reasons why we have people who excel at the things they do. Time maintenance is a conscious effort to spend a specific amount of time to perform a task with efficiency. More, productivity is the key focus here. The more productive the work, the better are the results. Moreover, time maintenance requires a crucial balancing between professional life, social life, any other hobbies or activities. Hence time maintenance plays a crucial role in personal and professional life. Time maintenance works best when a goal or target is set. So every time the activity is performed, one can measure themselves and improve upon various aspects of their tasks.

3) RESPECT:-

Explain what respect works like. For example to when I am rude to someone they tend to be rude back, the same works with respect. Morally it is of significance to include others without preconceptions or exceptions no matter of differences such as ethnicity or beliefs. Respect can be as straightforward as manors such as 'please' and 'thank you', although many may not always display this. One of the best ways of showing respect to others is listening. We must allow a person to express his views even if we disagree with them. In conclusion, respect is a major aspect of human socialization. It is certainly a precious value that must be preserved. Respectful behaviour is vital for human survival.

Assignment Name: "VALUES WHICH SHAPES ME"

By: Respected Br. Parachaitanya Maharaj

Presented By: Sayan Mondal (College Roll No. – 401, B.Sc. Botany, 3rd Semester,

Reg. No.- AO1-1112-114-001-2020)

VALUE: Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies human want or desire.

I. HONESTY

Honesty or truthfulness is a facet of moral character that promotes openness, empowers and enables us to develop consistency in how we present the truth. Without honesty there is an absence of trust. If we are seen as being honest, others sense that we have integrity and are truthful, fair, trustworthy and sincere.

I got an opportunity to prove my honesty to myself. When I was at a checkout counter in a Wal-Mart store. The line ups were long and we all patiently waited. Finally, I paid for my items and I left. As I walked some distance from the store. I unintentionally checked my returned amount and noticed that the cashier returned me 10 rupees extra by mistake. I returned back to the store and the returned the extra amount of money. The cashier was shocked that I returned it. He thanked me for my honesty. It made me smile.

This was a true example of "doing the right thing". I could have easily pocketed the 10 rupees and no one would have knew that. But my values made the decision easy to return the money.

According to the cashier I demonstrated the meaning in the quote by Spencer Johnson, "Integrity is telling myself the truth. And honesty is telling the truth to other people".

II. SELF STUDY

Self-studying is a learning method where students direct their own studying—outside the classroom and without direct supervision. Since students are able to take control of what and how they are learning, self-study can be a very valuable way for many students to learn.

By self study I can explore a topic on my own, encourages me to actively engage with the information. Self-studiers help me to think about topics more deeply and make connections between what I am learning. And when I am engaged (and excited) about what I'm learning, I'm able to remember it better. It also helps build study skills that I can use to explore new topics. It helps me to discover more about the topics I'm studying.

As I do more self-study, I become more confident learner. I am able to see myself as an independent person, who is able to learn new things without anyone helping me. It gives me major motivation boost. This helps to reduce feelings of frustration, anxiety, or boredom that I feel in a classroom setting. Self-study allows me to choose something that I am interested in and excited to learn about, leading to a more effective learning experience.

III. CLEANLINESS

It is said that "Cleanliness is next to Godliness". Cleanliness is an important factor of life. It is one of the most important practices for a clean and healthy environment. It may be related to public hygiene or personal hygiene. The cleanliness word includes the cleanliness of an individual, its surroundings, and the nation. The term cleanliness implies the absence of dust, dirt, garbage or waste, foul smell, stains, etc. It is essential for everyone to learn about cleanliness, hygiene and sanitation and the various diseases that are caused due to poor maintenance of hygiene conditions. The cleanliness word includes the cleanliness of an individual, its surroundings, and the nation.

We should do our best to always try to take good care of our health through our cleanliness every day. Some of the habits we should endeavor to imbibe include us always washing our hands very well and with soap anytime we eat or before we eat anything, we should also try to always make sure our body and most especially our face is clean by bathing frequency, we should also ensure that we take proper care of all our clothes and try to wear only clothes that are properly and well washed and clean; all of these should be done to keep a very good mental and physical health.

With the help of cleanliness, we can keep our physical and mental health clean, which will make us feel good.

It gives rise to a good character by keeping body, mind and soul clean and peaceful.

Maintaining cleanliness is thew essential part of healthy living, because it is the cleanliness only which helps to improve our personality by keeping clean externally and internally.

VALUES WHICH SHAPE MY LIFE.

NAME: - SHUVAYAN DE .

ROLL No :- 539.

REGISTRATION:- A01-1112-115-024-2020

SEMESTER :- III

DEPARTMENT: - ZOOLOGY.

What are the values of a person?

m:- Values of a person are those principles or standards of behaviour; that help to dictate our choices; fabricate our character and helps in determining the right aspect of life.

Thus individual values reflect how we live our life and what we prioritize for our self-interests; helping lire Ctly in navigating the important elements of our lives.

Now; I am keen to enlist three values, which are facilitating me in envisaging the righ path to be prosperous in my like

They are as follows:

LOYALTY:- Loyalty of a person is the virtue or a state of being faithful; trust worthy and to be committed to his duty. If a leader is loyal to his team mater; then a successful teamwark is in evitable. It someone is truly committed to his goals and motives in life, then he will surely succeed. In my life, loyalty to wards my teachors, my parents and pews; commitment to wards my academics and being loyalto my daily duties have aided me in winding up my way to wards a successful & presperous life. My loyalty to wards my teachers; parents and immeritances have helped me to win over their trust and maintain a good image of mine.

RESILIENCE: Resilience of a person is his unique trait
by virtue of which, a person can withstand
adversalities in life and retains the ability to
bounce back in the analytic in life. A

A silient promo - fles in nowed this person to the eight person to the person to the eight person to the eight person to the eight person to the eight person and has a senemal self ence has help to the total in my academics and character - building. It allows my academics and character - building and helps
me to keep calm to the silient of me to keep calm to the total the orelassition of the eight to the silient of the eight to the eight.

Thus resilience is an important value-addition for me.

SPIRITUALITY: - Spirituality is the most significant

value - addition of mankind and very few can attain the worldliness and become a true - hearted worshipper of the almighty. By spirituality, accompanied with religious beliefs; I have been greatly benefitted. I have imbibed lessons on how to respect my eldow and my benefactors and I I have also learnt to transcend my thought, problems and my daily life-lessons to god via my spiritual beliefs My spirituality have embarked upon me; the power of loving mankind; to remain calm and serene by refraining myself from the sine, that usually trap humans.

Rahana Ramakseighna Mission Vivekananda Contenany College

Registaction no- A01-1152-111-029-2020 (20-21) cla- Roll num -Project -Subject - value Education. Sem -Name -Sowik bhosh 3×d values which shape you.

Values which shape me

Nothing is penfect in this would the would be winted and hence, every body dimension of our mind and hence, every body wants to be perfect but the touth is that a perfect mon can never conquer that a perfect mon can never conquer against the would. Be cause, being penfect, should not be our motto. It would be better seather we truly to cultivate our nature and be a better man. And for this, we have to take some stet that can change our life and our future —

1> Meditation -

Human brains are the most flactuative in this would. We cann't control bod side of brain. So, & often we such decission than would be considerated for our future. Thus, we have full for our frain, and the train our brain, and the way is deep meditation. That helps way is deep meditation, that helps to keep cool our breain and allows to take guight decissions in right have only fine.

Honesty and Good behaviourwhole would will be in your goil honest for your selves. From one loves a man who is demune, trustful and delight.

SO, your good behaviouse can be measure ment 3) Hosel work - Nothing is equivalent to Hond work to achieve success in your life. It's your difficult to fullfull your life. day-druam. Human beings once very losy in I reduce actually. Evely one wants to get name and forme curchout doing anything but that & not to saible. If and the only bath you wants anything that you wants anything you open for you is the only that I the only that I thought work is the only thing that I the work as armoun to victor against the wear as armoun to victor against the steps not emphot of theire my goods but it have to obey in my life . to have to obey in my life . to have to being a the keyou also helps me to theye one the keyou a former to man. These of every leger of success, the Keyword every legends.

Name: Sayantan Manna

College roll no.: 724

Department: Computer Science

2nd Year, 3rd Semester

SEC Mid Sem Assignment

Topic: Values which shape me

Values Which Shape Me

Values are the thoughts that human beings adapt before he or she takes up any sort of action. It is an internal reference for what is good or bad, desirable or undesirable in ourselves and others. Our values affect our decisions, goals and behaviours. So here are the three values which shape my life.

- 1) Honesty
- 2) Helpfulness
- 3) Punctuality

'Honesty' is such a core value that promotes openness, empowers and enables us to develop consistency in how we present the truth. Without honesty there is an absence of trust. An honest man always be truthful, fair, trustworthy and sincere to others.

It impacts our entire life; our jobs, our relationships, our own feelings about ourselves and the actions we take.

Helping others to love themselves more is undeniably the highest service to humanity.

Ultimately, **'Helpfulness'** means we unconditionally offer our love, compassion and the other resources to those in need. The definition of helpful is someone or something that is useful, that provides assistance or aid or services.

Volunteering your time, money, or energy to help others will make sure your own happiness and well-beings, also make you physically better.

'Punctuality' is a habit of attending a task on time. In a wider sense, it's a habit of doing things at the right time. Being a punctual person, you get discipline in life and also earn the respect of the others.

A student who is punctual always gets success in his studies. In school time, punctuality ensures that you will arrive to class on time and so will not miss any part of the lesson.

Thus the above three values have shaped me to what I am today and will continue to shape me towards the goal of my life.

SEC ASSIGNMENT

Name- Argha Nath

Registration No.- A01-1112-113-021-2020

College Roll No.- 333

Examination Roll No.- 2021121112

Course- Bsc Mathamatics (H)

Semester- $3^{rd}(UG)$

Session- 2020-2021

Assignment Topic- Three values which shape me



Three Values which shape me

Values are analytics that one considers to be worthwhile and as knew. All as the driving force in their lives. A person's values take precendence over other analytics and therefore. Rierate the manner in which an individual many act in particular instances. In my life, I have a number of values that I hold dear. Thuse values are as a nexual of my upbringing, my principles in life as well as my portalization.

Achievement:

One of the educational values that are fundamental to me is achievement. This is as a negative of my belief that what defines me most as a person its may determination to suitled and my desire to make a positive contribution to society through my cancen. Achievement is therefore one of the values that is most important to me since in today's worth. Achievement and success are mostly tied together with educational success. As a result of this, I hold my educational exploits in high extrem since education is one of the avenues whose one's deveniend the deceation is one of the avenues whose one's devenientation leads to anantif.

Honesty:

It has been argued that honest men and women and a drying breid. This starement hours true in our capitalistic society where trofits and peteronal gains are the trimarry objectives. The means by which one foce to achieve success is often overlooked and as such the ends justify the means.

Leven in the mider of buch an environment, I still hold honesty as one of my core, values. Without a doubt, this is mostly as a ressur of my upbringing whereby honeing was applanded and dishonesty
Ahunned. Also, I have come to realize that when one
achieves success through honeing, the level of satisfaction that comes with it is truly unrivaled by any
other Jeeling.

E Religion:

Dwing to my upbringing, I have a huge regard for religion. As such, one of my spiritual values is engaging myself in some religious organization. While it's true that most of my religious values are as a nesser of my upbringing, I have oven time come to embrace them as my own and therefore make it my personal duty to be actively involved in my



religious organization.

To me, this brings about a sense of balance and sheeps me be more reflective and appriciative in my life. My religious values impact on my devision making since I try not to make choices which are contrary to my religious beliefs.

Conclusion:

In this Paper. I've identified some of the values that I hold dean to me. I have also identified how these values impact on the choices that I make as well as the actions I take, from this deep exploration of my values, I have some to the realization that my values greatly distrate how I treat the people around me as well as how I trioritize on matters. I believe that as a nemer of my values, I show harden to rehieve the things that I want in tipe and as such, I am a better person as a tremy of them.

Name = Preatien Das , Sem = Bred College Roll No- 150 Reg. No= A01-1152-111-033-2020 Dept = Physics Sub = SEC

Yalues Which Shape Me

Values are the things that we believe are important in the way we live Vand worch. An object in said to have value if 9+ satisfier a human want. For example Food in good or has Volue as it satisfies hunger. Values determine our priorities and deepdown. I they are probably the measures we to tell if our lives are turning out the way we want it to. Thus there are many values which shaped me towards to good of many values which help me my life. Three of many values which help me are - 1 Respect. @ Self Control. @ Positive Thinking

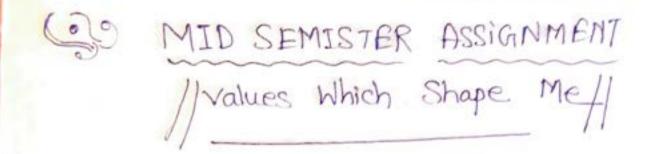
(1) Respecting-myself means giving and defining my own worth and value as a human being. This about this: if a do not reespect mysolf, it will be more difficult for me to respect ony one else. 2) Just like my self, when I demonstrate respect

fore others, I gives value to their being and edeals.

In a ddition, I"I make some one feel good by greating them respect, provided, of course, that it is some thing that they dosorve.

"To be one, to be united in to Oto be diffacent But to respect the reight in maybe over greation" Self Control -> Self Control in the obility of a poemento Contral him in every situation. Self Contral in very much necessary for regulating one's behaviour. Inthis Valuer mind Contral in very important factor if we con Control our mind, there we On Control our self. apereson who lacks self-control may reospores in a. vorciety of ways including with orger, physics violance or by terring to un hoothy coping france. 30; it in important to maintain self control (in our like by pray, meditate etc. Positive Thinking => Positive Thinking in very much Impact Kul in out work, health and apcoming life. we become that we think if wear fill up our breeze coith positive thoughto somehow, it will fine we up that way. It our breain is filled with dull, negative

we become that we think. It were the up to sith positive thoughts somehow, it will fire to up that way. If our breain in filled with dull, negative thought, if promove up deily, thinking, thinking of clearing the TIT Jam with top 100 merboron will work hand that way. If I have thought of just qualifying for the exam it is possible that I might not be successful evaninthat. So always maintain positive those thinking in our to habit to improve myself more and more.



Name = Surojit Manna. Olg Roll = 367

Reg. No. = A01-1112-113-046-2020

Department = Mathematics

semister = 3nd semister.

Values Which Shape Me Jul

ब्हिता विश्वास छात्राञ्च कृतात प्रकात हार्रे, रार्ट्स हिन्दी कर्त भोष्ठ ,

स्मित अभग अल (अप क्रिके-इस गादि ॥"

This bengali talk suddenly appears in my mind. Impressive! I always belief: We are born for a devine purpose. There exists a devine power which is always with me. Nothing is impossible, man can do anything and everything... Just belief on God and Yourself:

Thakun Do everything for better.
Why wormy!!! Be possitive and go away on
Thakun's Path? Then all is good and well:
Because the is always with me

This is my one Value....

I belief when I go to a wrong way. Thakur, stop me and show me the way. Thakur, stop me and show me the right way away. So, never stop. Thy, Thy right to and Just go away ahead. Feel and Try. and Just go away ahead. Feel and Feel- "Thakur handle this Properly."

SO, Why Wormy !!!

No Objective pleasure. No pain, No Cincumtances, No failure, can't touch you Properly... Only try and try and try and belief "My Thakur".

This is my another Value....

We are all child of 'Thakun'. So, He never wants that his children's never feel any 'pain and pathos! He always in every good work, every good Person's... Then why you lead ordinary life, why you live ordinary Thinking... Do Great Things by 'Seva' by simplement of mind.... No Conjugate mind help you to go away of 'Thakun's Path'...

Be simple, Be Conscious and try your mouth-face-mind same and your Every innocent-conscious-logical talk is becoming 'Thakurs Talk.' Then a devine pleasure shine in your mind... which is so peacefull, so reacefull that we feel 'Auromananda'. So, why wormy!!!

This is my devine Value ...

"Don't Aim To Success 9f you want it; Just do what you love and believe in and it will come Maturally."

David Apojt

I belief, 9f there is a "Nistha", 9f we know "why we teach! why we know this? her we can find a motive to Do this But 9f not thea "sning sight" means "Expert are sure con!" This is just like a voide cell with big sound.

The "Nistha" will come, 99 we realize this ... Recently My father becoming very ill after Dupga Pura... My eyes is open from whole Day and Night. I can't understand What can I do!" This strong healthy soul now becoming a patient " I am getting dippressed (Why 9 teach moth 9f I comit necovery my father This realization Then someone tell me "feel-feel-feel and belief this holly devine Nothing plays good pole without sharpe knowledg, without consciousness-Education of mind ... Math make you free and dedicated you ... When you geel eArranda? in that work enistha will

Come. Which shows me the path of "Thakun", the path of "Spirituality" then You can easily nealize 6 Why Thakur Do everything good or bad cincumtances !!!" As, Every Circumtances gives you a "Shiksha" for knowing you and yourself... If failure comes with you then don't feel failureness: fit do, I can, Nothing is impossible, I can't feel dippressed, I can't feel failureness, all power is within me I can do", "I done everything? Because God is always with me, with up, will all things, which is full of evalli, and existina?

Values which shape me

· What are values?

values are usually tainly stable, yet they don't have strict limits or boundaries. Also, or we more through life our values may change, Anobject is said to have value, it it is satisfies a human want or desire. All things that satisfy human desires are good or have value. There are some values (absolute and intrinsic) those charished me and make my life meaningth beyond all differences due to time and place.

· self-study: Getting a good education is one of my most important value.

" save me today, so. I can save you tomorrow,"

Knowledge is power when relevant and applied. Man's thirst top acquiring Knowledge Is entermal and inherent, It is a learning method where students direct their own studying -outcide the classroom and without direct super vision. By practicing self study I have encouraged to emplore turther topies in which I am interested. Using self study I am cube to go beyond simply learning what my class tent books and instructors teach me. Soit must be said that self study is the most important value of my life that made me.

· Truth and Homesty: There is avery common phrane -

theresty helps me indeveloping good attributes like kindness, discipline, monal integrity and more. Honosty is the simplest thing and it develops a practice of speaking through the life.

thoresty normares fearfrom my hoost and make me counageous and confident. Discipline is also necessary too school students. It there is no dicipline a school, the students con't learn their lessons properly. Homeover all these principles are based when the idea that we are intermedated living beings. Individual good and happiness depend when the others good and happiness. And I always tray to maintain this policy in my life with manimum effort. And the se value shape me today and will continue to shape me towards the good of my life.

Unity: 'strength is life and weakness is death! - Swami Vivakamandan Unity is strength. It is not that teaches by someone, it is the core of realisation and development of own mentality. It is more significant to me that much of the work is done in quower nothern than individud. When I do any work in a quoup it enhanced my idea on that bartterlass topic dwing discussion, so, it is one of the important values in my life that shaped me.

there are also other values associated with me, which shaped me and saved me in every moment.

Registration No. - A01-1152-117-005-2020

(allege Rell No. - 712

Name - SAUMYADIP KAR Sem: - III

Department - COMP SC. Date: - 3/12/2021

Values that have shaped me and will continue to shape me in future

I always had a question in my mind: what has made me the person who I am today? When I started thinking about the idea I had to absorve my whole life carefully, analyze my life, different situations and finally I got the results. The arrover was simple but it carries a great importance. I had some values in my life that I always follow and rever lose them at any cost. Here I am mentioning three of them.

1 Honerty :-

We know that "Honerty loads to simplicity," but dishonerty loads to duplicity." Honerty came very early into my life as a treait. In today's world it is very difficult to be honest with everyone everytime. So at first I started being honest to myself, then gradually I've become honest to others.

Being honest made me a person whom people can trust. Therefore I gained confidence, wellness and closer friendships. It also removed stress and regative emotions from my mind.

3 Innovation and Creativity:

Innovation and creativity is a part of my life. Whenever I find a problem in my life and study, through my critical problem solving shills and unaltering concentration I always get the relution.

It makes me better for teanwork and bonding, increases my productivity and relieves my stress

3 Respect for all Religions:

I believe that all religions give us similar teachings, how to be a good person, how to prosper in life with love and respect, how to share resources with others, etc.

It makes me a more knowledgable and spiritual person and helps me find a way out at every difficult situation.

Conclusion: Honesty, innovation and crealitity and respect for all religions are the three important values that have shaped me and continue to do so in future.

Ramakrishna Mission Vivekamanda Centenary College.

Name - Md. Javed Aktar Roll - 1355 Registration No - A01 - 1142-113-039-2019 Sub- SEC I

Values in my like

cleanliness: cleanliness muans that there is no dirt, no dust, no stains, no bod smeds. The goals of dearliness are healthy, beauty, absence of offensive odour and to avoid the spreading of dirt. Healthy is one of main part of my life. Withe help of clean liness, we can keep our physical and mental health clean.

Perfection: If there are no perfection in my life them all warks I do is incomplete. Always my complete works gives me much more perfection than anything -bse.

Respect for all religions: There is no lute for another religions in my heart. Because 9 believe we should respect all religions, in the same manner, as we respect our own religion. I also surrounded by ometter religions friends. Tuy also respect my religion.

Nome-Aniswddha Karmokar

Rall Number (Callege): 708

Regd. Numbers: A01-1122-117-004-2020

Semesten: 111

Department: Computer Science Hons.

Subject : Value Education Project

Topic: " Values that shaped me "

VALUES THAT SHAPED ME

Prong many of the valves which shaped me till date and will be shaping, the thous most impositions values are

- · Being fearler
- · > Being honest.
- > Having a "Never Give Up" Mentality.

There three values shaped me a lot in the path of my life till date and will be shaping throughout my life.

) Itow the values shaped me.

>> Being Fearlers.

Being fearless, helped me a lot lo dare to take any challenges which led to success sometime and sometime failure, but shill having a fearless mentality helped me a lot to take and handle any situation may be it is rough on smooth. It helped me to have no fear to prodest against the wrong things and also gives me the spirit to do the right however hand it is. So, I think each and everyone should be fearless and have enough guts to protest against the wrong things

> Being Honest.

Being an honest person is tough but not impossible. Having an honest mentality, helped me to have a clear view of the path of my life and shown me that life is not a bed of moses:

The most impositant thing to be successful is to be honest to ownself and honest to others too. So, having a honest mentality shaped me a lot in my life.

>> Having a " Neves Give Up" Mentality.

Piccosiding to me, each and everyone should have a "Nevesi Give Up" mentality. It helps me a lot to shape myself till dale and will be shaping through out my life. It helps to give me a cheeks for trying the failed work once more by just learning the thing that how it failed the last time. So, this mentality and the value helps me to move further in my life.

I carring is devotion, earing is briendship, earing in loving and being kind. The value ob earing comes brom the practice ob looking abter people caring is the axis around which each ob our individual worlds revolve. It driver out to achieve the greatest reals, and it serves as the basis box all ob our positive interactions and relations with others some people are unable to eare but themselves at some point, we should be aware at that time to provide our earing hounds.

I James : Trust is the very thing that everybody desires, on at least should desire brom one another. It ultimately comes down to reliability and truth sailst is defined as considence in a person. Trust means that you are consident that you can rely on a person to be truthbul and all with integrity learning how to trust people at an early age ear head to wonderful hips throughout like Trust gives yoursthe belling ob security. It is hard to gain and easy to loose

beautifule: one of the most impositant human values is busatifude. It is the quality to express gratebuliness to someone for an act of kindness or help. It is the same quality that lets your remember the kindness someone has shown possessed and wiges you to return the favour. buratifude is a very important quality that improves the quality of libe. It establishes social narmony and induced an environment where everyone is appreciating each other and providing support.

: Values of My Life :

"If you don't stick to your values when they're being tested ,they are not values they're hobbies"_
JON SETWART

Herein are three core values that define success and happiness for my life. I list these three because I find they have universal meaning and can be applied in any Situation you'll encounter in life.

- <u>Honesty:</u> Honesty should be the bedrock of our foundation, as it will define who you before you even allow others to know more about you. If you always deal in truth, you'll live a life with far less worry. You can use your analytical mind to think of new ideas, rather than lies and excuses. Honest intentions in speech and action gain the attention and respect of others. Honesty promotes openness, empowers us and enables us to develop consistency in how we present the facts.
- <u>Hard-work:</u> For the skeptics who are quick to point out that hard-work doesn't always make sense I agree, I believe in intelligent hard-work. Bursting your tail for something without thinking it through is a fool's game. But working hard with focus and desire is the key to getting a head.
- <u>Perseverance:</u> We need to understand that everyone fails at one point or another. Sometimes the way we get knocked down is completely out of our control. But we have to respond and we have to rise to the occasion. You'll find persistence and perseverance are ingredients that any happy successful person put into practice.

>> Values which shaped me

My personal values are those I take for my self and which constitute a critical part of my life and are apparent in attitudes, beliefs, and actions. There might be many values that influences my beliefs, backgroud, education and my personal ideas but if I have to prioritize them - @ Positivity, (1) Efficiency (1) Self-Study are the 3 values that shaped me to what I am today and will continue to shape me towards the goal of my life.

Positivity:Positivity does not mean being happy or agreeing all the time. What it means, what we do is to bring energy and enthuriasm to own work. I think it also means being suppose tive of the process we me, without losing hope. Those were many difficult situations of Jaced, where all I had done was " Let it go " and many of them resulted good out come.

> Efficiency: The torm edficency means maximum level of performance that were the least amout of inputs to achieve the highest amount of output. I think reducing the number of unnecessary resources used to produce the output, including personal time and energy is called efficiency. In one word it is more like smart work trather than hard work. And, this is the value of always tony to honor, by my plans or

>> Self-Study: The study of something by ownelf, as through books, internet, etc without direct supervision of teachers, is called self-study. For me it is an important value, till now. 9+ does not mean not attending in dan, it means learning at our own pace, docuring the areas we are most interested in.

D SEMESTER ASSIGNMENT

Values which shaped me

NAME : Pankaj Sadhukhan

COOLEGE ROLL NUMBER : 744

DEPARTMENT : Computer Science

REGISTRATION NUMBER : A01-1152-117-036-2020

Values Which Shope Me

Values, those things in human-life that point to a stable goal, that people have. This means it reflects what is most important (valuable) to them. It is commonly regarded as an economic conception. The values that are important to people tend to affect the types of decision ns they make, how they perceive their environment, and their actual behaviors.

Values are important because they guide our beliefs, attitudes, and behaviour. It also help us to grow and develop. So, every human should have some values in their

There are many Intrinsic values (more accurately Instrum ental values eg. Spiritual, Moral, Social etc.) that shape our life to create the future we want to experience.

Three values that shape me and build my personality are

- 1. Spiritual values
- 2. Aesthetic values
- 3. Cognitive values.

- □ Spiritual Values
- 1. There are two terms in spiritual values Atman and Brahman. Atman as the constant behind the changing body-mind complex and Brahman the constant behind the changing natural phenomena are one and the same, and goal of human life is to realize this unity.
- 2. Spiritual values such as Fearlessness, Strength, and Unselfishness help me to be real with my inner self.
- 3. Shanddha, Philosophical outlook, and Truth help me to corny out a good relationship with others.
- 4. Brahmachanya and Devotion to bod help me to keep in touch with natural and cultural environment.
- □ Aesthetic Values
- 1. Aesthetic values are important for dealing with our regular busy lives and lonely lives.
- 2. Aesthetic values like Pursuit of ant (music, singing, painting etc.) and Creativity help me to enjoy some of life's toys and be a better problem solver in my life and work-place.
- 3. Appreciation of nature help me to be healthy and happy in my life and Martial arts or various Exercises help me to keep my mental health strong.
- 4. Communication skills (etiquette, speech) allow me to interpact with different people of different religious and different

cultures to stay with them.

- □ Cognitive Values
- 1. Cognitive values are the values that help me to improve my attitude and behaviour towards the whole world.
- 2. Cognitive values such as Concentration, Perfection, Dignity of Labour, and Perseverence help me to increase my responsiveness and immunity to my work.
- 3. Independent thinking improves my ability to lead my work and Self Respect helps me strengthen my character.
- 4. Scientific temper and Objectivity create my logical mindset which helps me to understand the phenomena arround me.

These three values will help me to gain a better resilience and improve my future towards my goals.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

NAME:- SOUMEN DAS DEPARTMENT:- CHEMISTRY SUBJECT:- SEC-1(VALUE EDUCATION)

COLLEGE ROLL:-210

REG. NO. :-AO1-1112-112-005-2020

VALUES THAT SHAPE US

· what are values?

economic conception. An object is said to have value if it satisfies on human want on desine. An things that satisfy human disenes are good on have values. Values are what we view as being important when we live in all grament with our values, we fell better values not only give us guidance but also cheate paramenters of for what we find to be normal, helpful.

There are some values. those christed me and make my life meaningful beyond all differences due to time and Place.

SELF STUDY: It is a learning method where students direct their own studying-outside the class room and without direct supervision. It is the first value that me are independent student. Using self study I am encoused to explore further topics in which I am interested and developing stronger study skills as a result. The self study always boosts my self-esteem encourage my curiosity and make me in a shape.

TRUTH AND HONESTY: Bothethe words

One complementary to each otherHonesty is simple thing but it deve

1095 a pactice of speaking.

It must be said that Honesty implies being that ful. Honesty is the best Policey Honesty helps me in developing good attain butes like kindness, discipline. It is a very nesponsible value that shaped me, I always try to maintain this policy in my life.

WORK IN GROUP: we have our society and there we live together. These shoups have a profound impact in our thoughts, feelings and actions. Unity is Strength. It is not that teaches by someone, it is the case of realization and development of our mentality. In my school life, I leaved about unity. It is more significant to me that much of the work is done in groups rather than individual when I do any work in a group it enhanced my idea on that Particular topic during discussion.

ACKNOWLEDGEMENT: The success and final out come of this assignment wednined guidence and assitance of some people. I was peet and than our principal maharai swami kamalashan anda fon giving us an oppontunity to do this wonde fur assignment on the precious topic "VALUES THAT SHAPED ME".

Date-12.11.2021

- SOUMEN DAS

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE NAME:- SUMAN MANNA DEPARTMENT:- CHEMISTRY SUBJECT:- SEC-1(VALUE **EDUCATION)** COLLEGE ROLL:-241 REG. NO. :-AO1-1112-112-023-2020

VALUES THAT SHAPE US

· What are values ?

>> Values are commonly regarded as economic conception. An object is said to have value, if it satisfies a human want on dosine- All things that satisfy human does desires are good or have values. Values are what we view as being important. When we

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- ACKNOWLEDGEMENT:

The success and final outcome of this assignment required quidence and assistance of some people. I respect and want to thank our Principal Maharaj Swami Kamalasthananda for giving us an opportunity to do this wonderful assignment on the precious topic "Values That Shape Me",

Date: 12/11/2021

- Suman Manna

Date / / Page No.

Mid Sem Assignment

Topic: Values which
Shape me

By: SOHAM MANNA

Dept: BOTANY

Rallno: 415

Year: 2nd

Semoster: 3rd

Date: 7 7 Page No.

1.) Couxage (i) (aurage is aleaset daing what you declieve needs to les done inspite of fear. (ii) Courage gives us the ability to put aside our fear of failure and take the first steps. (III) It helps us to accercame the fear of rejection. il) It allows us to attempt the things that we have not tried seefare despite of our fear of looking foolish. (V) Courage gives us more confidence (Vi) From childhood I have heard many courageous deeds of superhenses As, I grew up I tried to implement these this value in 'my life (VIII) Earlier 9 was scared to of enawing that they were

Date: / / Page No.

-	rage rin.
	(1X) I didn't house the courage
	(1X) 9 didn't house the courage to confront them.
	(X) But gradually I tried to
	allercome this fear of they
	(X) But gradually I tried to allercome this Jean of My declieving in myself.
	(XI) It This value has helped mo in requiring my self confidence.
	say "no? to the things of
0.35	(XII) Now, I have the reside to say "no? to the things I declient to de wrong.
00	(XIII) And I don't feel shy to
	(XIII) And I don't feel shy to
	(XiV) And also it helps me to take responsibility and accountibility
7.0	cef my work
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	The second of the of the second of the secon
	C. E. T. S. H.A. S. A. S.
	only great's profited to the first of the first of
	a halicera y water or easily to a sale.
	and the second of the second o

Date: / / Page No.

2) Kindness (i) Kindness is about treating other treated, you want to the ii) It allows us to connect with other people and levild meaningful relationships. (1) Kindness makes us happier decouse comething kind for someone else improve our over well being as well as that of our famil and Jurends V) It lowers our stress and loosts aux self esteem My Parents fought to show sindress and respect to everyone whether Empite of their young ones (Vii) I tried to follow their teachings (VIII) I tried to great everyone with a smiling face.

	Date . / /
	Page No.
T A	
S you greet someon smiling face, it do positive villes.	reheneuer
A you great someon	e with the
Smiling have it do	ni revier
son itive villor	1,0
pasitive values.	
1) 4 hours fall that bin	Anall Con
() I have felt that kin change someone's n	ariese carr
(hange Someones n	ature.
completely.	
is And this reminds m	re of an
incident when I hel	ped my:
is And this reminds meighteour to recome	er brown
illness	V,
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11) He was a amon as	overging.
and foul mouthed:	neigh teaun
and alreays got into f	right weith
me or somoono & els	ie.
(iii) Noteady liked him.	He lived
(iii) Noteady liked him.	
in Ana day Lamas de	un with
(iv) One day he was do	at not mut

XI) And this reminds me incident when I he neighbour to recover illness! (XII) He was a amon an and foul mouthed n and always got into fi one or someone & els (XIII) Noteady liked him. to xiv) One day he was dor illness and could not of his lead De asked for help in reighbours. Lood leut, due to his rude repairement no one came to

(tvi) so, deeing his next door neighbour

help him.

Date: / / Page No.

	& took the initiative and helped him
	o real range range
	my vin a lash I'm la the dector
-	and cooked food for him and leaught medicines for him
	and cooked food for him and
-	leaught medicines for him
	(X VIII) I tried to consince other people to help him and forgive him for his past action.
	to help him and forgive him
	In his past action
	(xix) Claudy and Slavely due to
	maine a and augusticanes had a ha
	(XIX) Slavely and Slowly due to mine and everyones help he recovered. This Rindness of everyone changed him completely
	secaución. Mis minass ap
-	elleryone changes wim conflictely
	(XX) From That day onleavors he
	was helpful to elleryone and
	thankful to everyone. And
	(XX) From that day onwoords he was helpful to everyone and thankful to everyone. And showed kindness & compassion
	to everyone around him.
Mar Select	
	The Table Court Indiana Inc.
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3.) Positivity

i) Positivity doesn't teeing mean clearing happy or agreeing all the time

(ii) It means being supportive of

iii) Positive thought can actually create real realize in our dife and Help to build skills that last much longer than a smile.

(iv) The power of Positive thinking & developing a positive attitude are tue the most important qualities a person can have to change their tife's lives

positive thinking is that it has great impact on our mental, and physical health

vi) Positive people have more and are more self confident and happful.

Page No.

[vii) Few practices that 9 fetters to remain positive and motivated like comes new strengt always try to maticate uself by saying in mind grace the pareer of king my dream possible? disten to scothing music to pasitive. Sometimes & prefer to do meditation to remain cali focussed

Ramakrishna Mission Vivekananda Centenary College

Certificate

Name - Nanda Jana

College Roll no -447

Honours subject – Botany Semester - III

Registration no - A01-1112-114-034

Subject- SEC Date -22/10/2021

Assignment

Topic:- Values which shape me

SEC Mid Semester Assignment:

Write on three values which have shaped you to what you are today and will continue to shape you towards the goal of your life.

Ans:-

Values drive our actions and they motivate our goals. our values help us to establish our priorities in life, guide our decision-making, and affect our evaluation of our success and happiness in life. It will be different for you than for other people.

Now I am going to present three main values that have shape my life.....

(1) Concentration –

The action or power of focusing one's attention or mental effort.

The main difference between men and the animals is the difference in their power of concentration. All success in any line of work is the result of this. Everybody knows something about concentration. We see its results every day. High achievements in art, education, music, etc. are the results of concentration. The difference in their power of concentration also constitutes the difference

between man and man. Compare the lowest with the highest man. The difference is in the degree concentration.

Concentration is a big factor in my life's success. Whenever I do something with big Concentrate, it gets done very quickly and brings success. Concentration on any thought is the main reason for my success. Which will lead me to more success in the future.

(2) Dignity of labour:-

A nation that doesn't give importance to the Dignity of labour cannot prosper. Labour is at the source of the power of nation. Dignity of labour means that all occupations, whether involving intellect or physical labour, deserves equal respect and dignity. Hard work brings from the end of any work in carrier.

In reality I have experienced it. When I was in 10th class, I spent a lot of time studying, which made my test results better, But due to non-payment of labour in class XII, the test results comes bad. Which

taught me a big chapter about the Dignity of Labour.

(3) Simplicity:-

The quality or condition of being easy to understand or do.

When we understand and appreciate simplicity, we find a sense of joy and contentment that can never be taken away from us. Having an abundance of "things" requires time and energy to maintain. Simplifying our life by having fewer possessions allows us more time to enjoy what really matters in life.

I have followed the path of simplicity in my life. It is very difficult to keep the path of simplicity in the present civilization. Which sometimes causes problems. But I have a lot of space for this simplicity.

Every human being has certain values in his life that make him established in life.

YALVES WHICH SHAPE ME ?___

reflect our personal moral standards. Where are quality qualities that one considers to be worthwhile and act as the driving ferce in our lives. Shape our behaviour and quide us through long journeys. There are many principles and values all people live by. These values is help them with dealing everyday matters. Whether it is to been their faith of all times or just respect everyone else the way they want others to respect them. It changes life style. There are many values which shape my life. Some of them are discipline thonesty and self-respect.

where one tries to be on time and the where one tries to be on time and the in a systematic way. It is a hobit and not an adaption in life. So one can tractice discipline for for a better life. For many successful people more than knowledge or skill, discipline played a key role in their way to success. Discipline in life has many virtues like being focused, staying thealthy and also avoiding problems. As Per the current life style discipline is one of the essendial life skills.

Honesty is a part of the foundation of my core values and Principles. Honesty cannot be the best Policy but the only policy because even a liar doesnot want to hear lies from others. Honesty cuts through deception and knifes its way through deception and knifes its way leads to a fulfilling, free life. Honesty

TAIN CAON ANCELS RAVIOL

11/2

truth. It's about being real with yourself and others about who you are, what you want and what you need to live your authentic life.

* self-Respect o Research suggests that you can ever have is self-respect. self-respect helps breed positive character and kids that grow up with this trait usually grow up to become with people that strongly defend their values and beliefs -rot only that but they also become People who take responsibility for + their own lives and understand that their mindset is what determines their success. self-respect forms the foundation of all the decisions you will ever make and how you allow others to treat you.

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RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

MID-SEMESTER ASSIGNMENT – SEC

Name - Soumya Chakrabortty

Registration No. – A01-1112-113-035-2020

College Roll No. – 353

Department – Mathematics

Semester - III

Topic: Values which shape Me

Values are qualities that one considers to be worthwhile and as such, act as the driving force in their lives. A person's values take precedence over other qualities and therefore dictate the manner in which an individual may act in porticular instances. In my life, I have a number of values that I hold dear. These values are as a result of my uporinging, my principles in life as well as my socialization. In this essay, I shall identify the cone values that I hold and the manner in which they influence my everyday choices, actions and plans that I make.

- 1. One of the educational values that are fundamental to me is achievement. This is as a nesult of my belief that what defines me most as a person is my determination to succeed and my desire to make a positive contribution to society through my career. Achievement is therefore one of the values that is most important to me since in today's would, achievement and success are mostly tied together with educational success. As a result of this, I hold my educational exploits in high esteem since education is one of the avenues where one's determination heads to quantifiable success.
- 2. I greatly value close relationships with my friends and fomily constantly seek to cement the same. This is because good friends can assist one achieve his her goals in life and con sometimes even be closer than family. For this reason, I invest a lot of time and effort in my close friends. I make it a priority to be a bart of the significant moments in my friends lives such as their birthdays, wedding days and even baby christening commonies. In addition to this, I always ensure that I inquire as to their well beings periodically. One of the constant realities in human

life is that we will always be sworounded by needy beoble. As such, on a social level, I always strive to give my dervices to the less fortunate. In my opinion, a life well list well lived is one that is lived in such a way that it makes a difference to someone else's life. This is the philosophy with which I have led my life up to this boint and at all times, I try to make a difference in the liver of the balls to the lives of the people that surround me. Helping other people is therefore a value that I value not only in myself but also in other people. While modern day living has somewhat lead to a degradation of the value of family from what it used to be in gone yeary, I still hold To me, one's family members one the ones who will stand by you no matter the situation and encourage you through life. while I neckon that family may not always be suppositive on as ideal as I envision it, in my experience my family is closely knit and always stands up for me. I therefore always have my family in mind when making my decisions and consider how my actions will affect them. In addition to this, I try seek guidance from members of the family who are more experienced than I am before making monumental decisions in my life.

3. It has been argued that honest men and women are a dying breed. This statement holds true in our capitalistic society where profits and personal gains are the primary objectives. The means by which one goes to achieve success in often overlooked and as such, the ends justify the means. Even in the midst of such an envisionment, I still hold honesty as one of my cone values. Without a doubt, this is mostly as a result of my abbringing whereby honesty was applanded additionable and whereby honesty was applanded additionable and when one achieves success though honesty, the level of satisfaction that comes with it is truly answivated by any other feeling.

Here, I have identified some of the values that I hold dear to me. I have also identified how this values impact on the choices that I make as well the actions that I take. From this deep exploration of my values, I have come to the realization that my values greatly dictate how I treat the beople around me as well as how I prioritize on matters. I believe that as a result of my values, I strive harden to achieve the things that I want in life and as such, I am a better person as a result of them.



VALUE WHICH SHAPE ME

usually what we think is not the actual meaning of value. rations we generally think that the object has value for what it can fulfil our needs. But this thought is enough for our Complex human life. Value has been taken to mean moral ideas, general Conception and Joodness. Values are inherently related to our Soul. Values can provided Standards of Competence and morality.

When a person is acquainted with his own nature, it is called spirituality. So, spirituality arises whenever we try to find the truth of life. There is no quarantee that a person will be spiritual if he is prous. Big difference between a religious and a spiritual person. For example, in our life both light and dark exist, if we always accept light but always reject darkness, then there will be never be feeling of spiritual in our life. If we have to live accepting both light and darkness and then our spiritual deling will come so, this is important steps for success.

MORALS Morality is basic principles for concerning the distinction between right and arong or good and bad. So, the person who does not have morality will not be able to distinguish between right and arong whally, we take some important steps in our life Phased on this. To be successful in life, then this

mality must be in human life. It is develope is usually subject to our sourroundings or

M SOCIAL.

to as formed there. Atom The main duty of society is ream each of everything to new born members. By so cial developement, an under stamb
something good for others. This is also valuable steps for success in human life.

Conclusion:

Dhere of can more forward to achieve my value.

WYALUES OF MY LIFE

only a body-mind complex, but a person, aself; a divine spirit. So what satisfies this ther person ality or contributes to his self-realization is ultimately valuable to thim. Human values are the virtues that quide us by our attitude and motivates our actions to become an ideal person in our life and future. Similarly, in my own life, there is a proximity of three such values, by which I've greatly influenced in my present. In this note, these three values of mine are hereby mentioned and elaborated in brief:

importance in any life. Both in my private and education al life, I've always applied this value to gain a proper discipline in life and also to earn respect from others. Because time is invaluable and it's important to manage and utilize time property in our daily life. Punctuality leads me in being earn ond organised. It also theps me a lot to eliminate stress from my daily task routine and removes my anxiety of being late & unsuccessful.

- Self Controls From my child hood till today, this value always gives me support to overcome many critical & emotional cituations that I've faced. It improves my mental focus in any kind of important tooks and also enhances my decision making capacity. I've learnt how to manage stress and enhance my interpersonal skills by self control.
- Human Service: Being a human, of always feel the importance to service other people during their adverse situations. Whenever, of got the chance to their people in my area or outside, depending upon my ability of thelped them and always tried to fulfill their wishes and needs at my best. Because, of realised that service to other in healthy for the sould soul and it boosts my mental physique and keeps me positive in my future.
 - shape my life along myself towards the ultimate success and prosperity in future.

Thank You,

- Dehabrata Das
- Roll: 546
- · Semester: 111

Dated: 16.10.2021

Department of Zoology, RKMVCC.

Values which shape me

Introduction :=

Everything in the world has some on the others value and that meets the most complex human needs. But not all people have some value of all things. I think all those things that good and valueable that makes our prosent beautiful and will complete the goals of the future.

The three values which Shape me: -

Moral: In my opinion, moral value means good habits like honesty, harod work, helpfulness and nespectfulness. As a child, my teachers taught me to be reespectful and helpful which improve my behaviors. So I am polite with Others. I work hard at everything such as study. So I was able to successfully pass all the exams. So the contribution of moral value to shape me beautifully today is underiable.

Cognitive : cognitive value means to know one underestand any concepts, problems and to solve it. I am able to underestant and solve my own and my freiends problem. And even being able to intersact with others people and understand their problems and give them good advices. I improove my cognitive skill like thinking, listening, underesting and to justify any thing. So I think I improve my cognitive skill.

In my opinion, social value roeveals how we Social := roelate to society. From different people in the society. I know many thing good and bad . But I have learned to throow bad away and take the good . I feel and learn Some values like Respect, Equality, Honesty. I have Learon to respect every person in the society

I do not discroiminate any person on the basis of religion on caste. So social values have made a lot of improvement in my life.

Conclusion = Moral value, Social value, Cognitive value have played a very important role in my life. Adhering to these values will fullfill my Curroent college life and future goals.

Values Which Shape Me - Subhas Manna, physics department, noll-165

Values are the guiding principle of our Lives They are essential for positive human behaviour and action in our daily lives. They are formed on the basics for intenest choice, need and desines. They have played note not only Sociology but also psychology nelated disciplines. The values that give more advantage to shape my present chanacteristic -

(1) Monal Values

In every step of my life i trailed to be honest which helps me to ao avoide dinty work around us, greed and material--iste attraction. I am not realous of anyone it helps me to improve my self control on every speach and every action torken in my life. I always continued Self studies that helps to increase my curiosity and Judge all facts by own neasoning.

Social Value

Socity and me are one body so, which is good for me socity that also good for me and that is bad for socity for me also. I do not belief in neligious bannion people of different ney neligious and same to me. I always try to do good for poor people as much possible. Take point on group work in socity that improve Leaden-Ship character and interest in penticipanting in any Donk.

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Values Which Strape Me @ Spritual Value -In one wond spritual values are the intregated values of human soul. I extreemly thankful to Good being a pant of the universe. Every morning I tell to Good what i wand want to do and dedicate everything to God at the end of the day. I am not afraid to stant any work and always follow the touth that make me mentaly strong. From initial to till today my panents and teachen give me proper education they teach me difference between good and bad. At last i want to say i will give my best and become a good penson in chanacter as well as social. Telf standies that being to incure se my mis get strof the appear been refreshment DA SOCIAL VOLLE deadly one one say some book of the anot many water trivial clines met with being it me and that to have four the man south miner I do not belief in religious ben ob I com proper of afficient they partigited to shope terms to be about to de special forest no tener state places the sailed as she may single read in kielly that support toodow. initial shorten and interaces in probabilities

Name: Achitagni Das- Department: 533 College Roll no. - 533

Department: Zoology Semeston: 3rd

Subject: SEC Mid-semester Psycject.

The Three Values Which Shaped Me:

Insertistmess: This is a trait I had from my very childhood. Whether it is helping a pricing with giving accessories, on giving him enough time to teach a chapter he can't conformation. I never think twice Many incidents had happens when I gave my only pen to my pricing to write of continued myself with a pencil. I have waited from my pricing in the exame to Do his job with my scale of compass when I was also doing the same. And to say about toaching, whether he it is my friend an my bristher, I gave them hower to teach the topic. Its obviously I get scaled at my home for helping others in such a manner which can how me, but I can't next myself from helping others. It is my value that, life is not only about helping yourself, we should be able to help whoever in the can'th we can, which is the key of success of human civilization actually. But at last, I know that, in this present selfish world, I may have to pay for my this value but still can't stop myself from helping others. May be someday, this value will disappear from me for a great believed, but till then, I'll keep it.

which I call my sociability The mason behind my this trait lies on my belief that, more in this world is actually bad "I thuman beings

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should not judge one just by seeing his/hen bad chanacters (until those characters are enably bod for the society). Sometimes people judge others just by singling the similarity between them, which is a totally expreneous process for me, I can see the bad characters in someone but just simply ignore those to see their good ones, until those characters on wally obnoxious for the earth.

That's how I can easily blood with many types of people very easily. For this reason, I actually have connections with a tage number of people of not to mention, they adone me very much. Not to mention, but my those first tow values have made me a very beloved person in my school as well as in my college.

Mencipalness: Les this is a value which actually indirectly helped me to set my goal in my life. I am extremely meoriful to humans as well as to animals. In case of humans, I can easily fargive someone for this value, whenever for animals, I just cont withstone any type of exceptly on them. From my childhood I was grown among animals. The I played with ont, beer, frogs and what not (in own I good on). My grown taken boosted my interests on them by encouraging and teaching me to eatch cocknoaches, crickets, maipedes, gekkos, etc. Actonowards I I learned myself to eatch butterplies of dragoglies too. These cuare not any insects which I never caught once. These Voctually had made a strong relation between them 1 me. This relation has veached such a state Twhere I very sometimes to see killing conimals, I can't stare at the meat shops, even I can't hear the seneam of the chickens to be killed, as that make me feel extremely uneasy of sick. Even today, I am bying to be a vegetarian These exuelties on animals had made me determined to do something for them which I accept to be the goal of my life. I am awarently studying Joology only for that neason. I'll not give any instances for morning as the case for animals can fully describe my value

Name: Suhim Dubey

Roll No: 739

Dept.: Computer Science (H.)

Subject: Values that shape you (Assignment)

Emin Roll No: 2021111.329

Appears As the second of the second

Pogistration NO: A01-1112-117-031-2020

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Values that shape me

values are the thoughts that human beings adapt before he on she lakes up any sort of action. It is an internal reference for what is good or bad, desirable and undesirable in occuselfs and others. They are mored principals based on beliefs. So significant to us as individuals that they drive our behaviour, our interactions with others and the world. Our values affects our be decisions, gods and behaviour, our interactions with others and the world. Our values affects our be decisions, gods worlds Over values affects our decisions, gods and behavious. So here are the three values that

1> Pernetuality
11> Howesty
11>> Scientifie temper

"> Punctuality:

Punctuality provide you the energy to be punctual in all taste assigned to you by your life on you can say by at minety. This

value has been institled by my parents indle me from my childhood. I used to wate up negularly at 4 am. I do each and every work on firme and nover do procastination work wheather to meet any one are going to anywhere I neach On time. Prenetuality will allow your work not to place a burdon over your head. So now at prosent scenario to never felt that there is a lot of builden on my head-with the work asigned to me since I am always punctual towards toork.

Honesty:

Being honest is very important. Honesty means creating a faith to someone that this individual will not cheat anymore, that It ideally all the human beings of a contry becomes house then that country will porsper, to its fullent. Now from my childhood this value have instilled by my parents.

and the

I never used to touch the things of any body in schools or dust ask before I used others belongings. Now I am 20 years old and becomes of this way every people around me have to greate faith on me. I am now eligible to be frusted by others around me including my friends circle.

I hope that I can continue group.

Scientifie temper:

I am greatly inspired by
our "misile man of India", Dr. A.P. I Abdul
Kalam Azad from childhood. I read many booky
coords by him, which instilled on I would
rather say it provide a spark to my scientile
temper. From my childhood days I would use
to break my toys take out motors from
them and there electronics accessories to
wild something new. Sometimes it fails but
sometimes my attempt nemains a success. As

I gradually got up in age I waint Anduine. I created many bots, long range during ears and a missile launcher, of course of is a simulation not a real one, I would to keep up with this value to boost my interest in the field of science so that in future I can contribute my ideas to build the weapons for my country India and can successfully add it to the Indian Army Conles Arsend. The main intension of mine is 'mo fiture' but to create a safeguard of my mation.

I hoped that I can continue grow up with these value in later part of my life to be a good.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

VALUE EDUCATION PROJECT

NAME: KOUSTAV DAS

REG. NO. : A01-1112-111-048-2020.

SEMESTER: 3 (UG)

DEPARTMENT: PHYSICS

ROLL NO. : 169

VALUES WHICH SHAPE ME

In Karmayoga, Swami Vivekananda had said that the sole purpose of mankind is the acquirement of knowledge. But, the way to perfect knowledge is not easy and very few can attain them. In this process, every berson acquires some values, which play an important role in shaping the character. So, as a student, I also had developed some values which are as follows.

MORAL VALUES

Moral values include honesty, cleanliness, self-study, dircipline etc. Owing to my schooling, I had developed these moral values and I consider them the best values. In any work, if we work honestly, success may come late, but that has an extra mental satisfaction. I had always believed, "Cleanliness is next to Godliness." Side by side, every well educated person is self-educated, hence, I always practise self-study that has made me a book-worm, that helps in my studies as well.

AESTHETIC VALUES

Aesthetic values include sense of beauty, creativity, Appreciation of nature etc. Since very childhood, I was exposed to cultural activities like

music, painting etc. So, I have a deep appreciation for these traits. Adding to these, I also have a deep respect towards the nature as an artist. I had always treated mother Nature as a teacher. Hence, my learning is a sportaneous process and I think this value would always help me in my future life.

O COGNITIVE VALUES

Cognitive values include concentration, scientific temper, dignity of labour, self-nespect etc. It is true that — Relevant knowledge is power when applied. Hence, I had always tried to practice nelevant knowledge. During to my appringing, I also know the dignity of labour. As a nesult, I never fear of hard-works, rather I do them joyfully. This develops perseverence. From my do them joyfully. This develops perseverence is the elders, I had always known that perseverence is the elders, I had always known that perseverence is the ultimate way to success. So, it is my prayer to the tholy Trio to shape my mind to be the possessor of these traits.

Values Which Have spaped Me

Note that the former of the brancher of any human being to any human being one's primary good in the life is to leave behind a foothrint signifying one's existence and contribution, sum if its temporary or is of short duration. In this journey some values, which may be gentlic or occavined in nature, or may be nutured due to the presence of family, priends or teachers are undoubtedly indespensible for the formation of the baic framework of the character and its development. In this regard I want to pen down three such values, according to my judgement that have shaped me and will continue to do so in the near future.

Self Control: - Relf control is one of the bosic moral value that one should pessess. Often we indulge ourselves in a deleale, when one does not agrees with your opinion of point of view. But we should rumember that everything is relative, were body has a clifferent office, so in case when one disagrees with our opinion at first we should elaborate our askeds to that person, if the unwillingness continues then we should easily the fact, and convince him that continues then we should easily the fact, and convince him that continues then we should easily the fact and this so we should not collaborate on this regard, otherwise it would be harmful for the collaborate on this regard, otherwise it would be harmful for the wenture, and it may affect our mutual relationship, so its water to part our ways, according to one this would be a smarter way rather than indulging ourselves in a meaningless never ending deliate. All ambol is such a value that every individual should include.

Tunduality: - Punduality is one of the most necessary social value, that everybody should acoquire. Hairlaining a proper balance of work pace with the Time, is something which cannot be ignored. If sometody maintains bunduality in his daily life, then he develops additional acceptance and trust from other people. We should always try to keep our words unless there is a proper cause behind the disruption. Often me fail to keep a perfect schidule and execute our morks, by structly aluding by the clock, mainly due to our laziness and slow work bace. When we wake up in the morning, sometimes we feel let is spand some more time in the bed, it will not homper my other works, I will manage everything, but in the end of the day we realize all of our engagements throughout the day has selayed obeying the domino effect, and sometimes we also push loday's assignment to temmorrous dese to lack of time. Such things are to be avoided, it is not at all difficult, a little amount of mental strength and a little affection towards punctuality, will help us to avoid such fiascos in daily life.

Respect for all regions: - the can broadly closefy this as a social value, under the category of instrumental values. Turny religion across the globe ultimately spreads the message of peace and lave, all the paths allowed by wheat the same good, hat in the name of the religion is spread by entremist hulligands who actually does not understand is spread by entremist hulligands who actually does not understand the cone message delivered by every prophils and the religion. In India and adjaining parts we often see burst outs, killings in India and of the religion, its very unfortunal to witness such the name of the religion, its very unfortunal to witness such things especially from the land of saints like Kalin Sri Romakrisha who has preached the message, secularism and savia Dharma who has preached the message, secularism and savia Dharma inho has preached the message, secularism and should important respect for the other community, instead of hating then only proce will prevail, but superstition should not be incouraged at any cost

RAMAKRISNAMISSION VIVEKANANDA CENTENARY COLLEGE

NAME- RAJAT KUMAR GARAIN
REG NO- A01-1112-111-036-2020
ROLL - 155 PHYSICS DEPARTMENT
TOPIC - VALUES WHICH SHAPE ME
SEMESTER -3

.: value which shape me :-

[INTRODUCTION]: values can be defined as anything that can fulfil our desire or can gives us satisfiction. Everything that help to fulfill our needs has a value to us. There are many different value which can help us to be better are many different value which can help us to be better are many different value which can help us to be better are many different value in their life, In this person. Busically, everyman faces but time in their life, In this moment this value build potential with high energy in moment this value build potential with high energy in their life. Here there different values that 9 like to follow their life. Here there different values are one of am.

SELF DEPENDENT]: The & solf dependent person means who take own decision in the tough situation in life. Who take own decision in the tough situation in life. This is called ovenership. Eventually, this ownership man. Change their life and build a proper successful man. This is called ovenership band build a power of leadership their life. and build a power of leadership this value make apotential bound build a power of leadership this value make apotential bound build a power of leadership in your life. Swami vreekewanda baid! conquer yours of in your life. Swami vreekewanda baid! conquer yours of in your life. Swami vreekewanda baid! conquer yours of the whole world is yours. This quote make me and the whole world is yours.

FIME MANAGEMENT: Time management is the process

of planning and organizing won to divide your time

of planning and organizing won to divide your time

between sext specific activities. This is the second

between sext specific activities. The how

rathe which change my life. Once o can not maintain

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which change my life. Once o can not maintain

which change my life. Once o can not maintain

which change my life. Once o can not maintain

the process

and activities that will help

to give time for a sexp specific activities that

to give time for a sexp specific activities work.

The more a specific and acheive more.

DO DIFFERENT FROMOTHERS : Be different so that people can see you clearly amongest the Crowds' this quote always mistrale me. Before, of tollowed

what peoples are doing. I basically formingted people skills.

o never try my monthfulls for a particular work. Then 9
always freed many problems. But now, 9 forten my
always freed many problems. But now, 9 forten my
skills and try to do different from other. This make
skills and try to do different from other. This make

fullow on on my life. A pool from that a learn more things fullow on on my life. A pool from that a learning is also, bost value about my syllabas (college and school), Learning is also, bost value about my syllabas (college and school) an aintain may values.

Name: Ritankan Bhattacharyya.

Registration No.: A01-1112-113-044-2020

College Roll No.: 365

Mathematies Hons. (2nd Year)

Semester: Sem-III (Mid-Sem)

SEC Mid Semester Assignment!

Topie! Values which shape me.

Values which shape me.

It is said that a feerson becomes an 'actual and a good human being' only if he comprises good values, nature and a fure soul. Even I, as student support the idea that a terson is an 'actual' human letry, if he is good and pure from his for heard. Without proper values, there is no difference between us and an animal except our looks and our outside affections. So now, let me focus on the topic on three values which shaped me what I am and will be to reach my good in future.

In today's world, we often come across successful personalities like Dr. A. P. J. Abdul Kalam, Monmahan Singh, Elon Musk and so on. But If we look deeply, we can find that even they are great human - heregs because of their unique personality. so, we can say that simply a result sheet or score card can not justify how good or how we are as fundament ser sur sent troth too she slagged atien team su much successful in their conver like the name I have mentioned above but, are actually good human beings and seems to us as if they are messengers of God. estillant sarch she noitens me will I won which shaped me and will shape me to become successful in my life.

the birst value, which I think is most essential 13 "Honesty." Being Lanest to others and even to ourselves can actually borng feace in our lives. Even it is brom my fersonal exterience, that It we are honest, then we can overcome many critical hurdles in our lives. It we are honest then we will be relaxed and refreshed every time in any situation. get theth en ot enses to yetherestopA more bridge gol your su aburt out portlands our desired goal but in the long own, we are actually the feefle who will withstand till the end. So, leeting honest will flay a role in boringing beace in our lives.

The second most value I think, 18 stmplicity. The more you stay simple, the more simple your sife becomes and even you can be simple in mingling with your friends, colleagues etc. Being simple helps us to main town our relationships as for every relationship. We need to be simple and not complicated. The moment we become complicated we end a relationship. Being simple leads to transfarency in our relationship and fells us to stay strong in our relationship.

significant value is the sense of responsibility

Now according to Nelson Mandola, a ferson boy 'twin obligation' in life 1.e. responsibility towards family and secrety. After becoming an adult a man should serve his family and secrety equally because I feel that after we equally because I feel that after we fulfill both of these obligations our life as a human being is totally complete. Without fulfilling these two obligation we are incomplete as a human leing.

So, this is what I think have shafed me to become a good human and will continue to shake me till the day will reach my goal. The qualities we fosses, actually are the foints which define us. So, I fed that as a student, adult we can adopt these values to become good human beings and can containly achieve success in our lives.

SEC 1918()JECT

Name: - Soumyadeep Mandal.

Department: - Botany

Semester: 3rd

College roll no .: - 444

Topic: - Values which shape me.

My personal values dictate how I act react, respond to, and handle life situations that came in my way. This is because my personal belifes helps me to nagative what elements of life are important and worthy of my time.

3 main values will be discussed below.

(a) cleanliness;

once of the most, important value is cleanling ness surrunding. This does not matter where we are but our swrundings have a virat role. It includes both personal and bublic hying as well. There is a special proverb-

"cleanliness is next to godliness"
cleanliness is next also nelp us to purify our body and it destroy evil thoughts and negativity.

@ Implement:

- is keeping my helths swarundings clean is the frist thing of my priority.
- (1) Eeasly morning to night keeping house clean is also my preference.
- cia, From bed to studymaterial from graden to roads we need to clean it, even in my school cleaniness was a deciplinary rule.

(11) Every hourse together makes a socity Every socity together makes a place . Every place together makes a distinct and it continues to a nation and then to a globed.

If we are keep ourself clene our globe will be clean.

(Scintific tempers:

in It refers to the attitude of logical and rational thinking It is the scintific method of decision making for daily activities.

ingt enhance tolerence for other people and

differing ideologys.

with helped us to open-minded.

1994 helped the socity to be progressive, free from superstation and irritional practices.

Womany organisation like parschim Bonga. Vigyen Monch, Joma Vigoma Vedika, ect are making efforts to spred the importantence of scintific tempers.

Implement: if thelpes me when I have to a complish

a group task. in If prefer to listen to various ideas of our members s to complete ows torsk and then suggest changes if needed.

devoloped and expanded over time, and various connections can be found --- alongside each other.

Spirituality referred to a religious process of re-formation which aims to recover the original shape of men-ordinated at the image of Good.

@ Implement:

There are a number of different reason why people I may have to spirituality, including but not limited to:

- ci) Exploring spirituality can help me find answers to questions I have about philosophical questions such as "what is the meaning of life? and what purpose dose my life serve?
- coping with the stressess life.
- (iii) Spirituality can help : devolop a morse hope ful outlook on life.
- in spirituality helps me to find sence of comminuty and suppost becouse spiritual tradition often in value organized relegion groups, becomeing a port of such group can be surved as an important surse of social support.

Name - Sutanu Das , Sem-III, Roll-436, Dep-Botany

S.E.C

Values in our life, help us to be confident, practical and professional. My values will influence my decisions related to my career, relationships and other activities my engage in.

3 main values will be discused below -

4) Truth:-

Truth Proves the authenticity of a person.

Trustworthiness is always established by truth. Truth also shows the co-operative level and veredibility of people.

Truth is something that we can't hide. It will come in front again and again.

Sometimes it is harder to realise the truth But to Truth is one, paths are many 92

— Mahatma Gandhi

>Implement -

i) I feel guilty when ever I went to move away from truth. So, I never move away from truth.

i) I also don't want to deportrait, my personality with the black scratch of take & false.

iii) Truth reflects a personality so, we need to speak truth to be a good person. In my life I have realised false & fake statements easily sinles . but Truth , trust , honesty never.

3 Self control :-

This is the ability to behave properly in difficult situations. This is a cognitive process that develops with Practice. It stress on the control of our thoughts and feeling.

*Implement-

i) By Practicing self-control we eliminate distractions.

ii) It helps me to make better decisions iii) It makes me disiciplined.

iv) Self control can be practiced by setting smaller goals and keep reminding why I'm started it.

v) Also I've got some control over myemotions. I leasent what to say to whom and when and also wish to control my thoughts better by practicing self control.

Punctuality 3-

Punctuality is the starting milestone of life. Beyond of time management it lets us to live a brand new life that's worth emulating. It provids us stability security & self-cond confidence.

> Implement -

? Punctuality also helps me to be in a desciplined life.

ii) To make a perpreper voutine with: suitable time monagement.

iii) To finish a work with beauty and in perfect time.

iv) To reach important places in perfect time, without any delay.

v) Sometime it's really hand to end work in proper time, but we should try our best to finish the work in time, we shouldn't do it ruthlessly, we should try to put some beauty in our work as well.

Name on Soumposit Ochosh

College Poll No. > 736

Reg. No. -> A01-1152-117-028-2020

Semesten -> III

Depentment + Computer Science Hons.

Subject -> value education Project (Mid Semester)

Topic -> " values that Stapped me"

Values That Shaped Me

Among many of the values which shaped me till date and will be shaping the three most important values are:

- Having a "Never Give up" Mentality.
- 1 Being honest.
- 0> Being Unselfishness

These are the three values that have always led me in the right direction and mad me a better person.

1 How the values shaped me:

Having a "Neven Gire up" Mentality:

This mentality of heven giving up should be kept in case of evengone, this mentality should be the first step for everyone to heach their goal. I too have neached this place today with this attitude in mind. The worst moment of my life also when I failed the test on my own fault but based on these values I brought myself back to my place. I am coming with this value, no matter how big the danger in my life, I will be able to keep myself normal in the future.

ii) Being Unselfishness in

fall. So in my opinion people should be keep this value of unselfishness which make teople

with honest minds. Sofishness excates mistrust in people and people become enimies of people. I have reven been as slelfish as I am with people I know. These values have helped me to boilde beautiful helationships with people and that has made me a better penson. Even if you are good with your carneer, you should be never sofish with anyone.

iii) Being Honestin

tough but not impossible. Having an honest mentality, helped me to have a clean view of the path of my life and shown me that life is not a bed of noses. The most important thing to be successful is to be honest to ownself and honest to others. So having a honest mentality shaped me a lot in my life.

___ × ____

3 VALUES THAT SHAPED

My LIFE

Values are qualities on principles within a person.

Life is a journey between B & D, where

8 = Birth & D = Death. Between it is

C, which stands for our Choices, Our choices

makes and shapes our life. And it is these

values and principles which quide us to

make choices. And choices in turn shapes

our way of life.

Values are not in-built, one has to imbibe

them. Here are 3 values which changed

my life. and

Simplicity: It for me it refers to neat, clean, and organized work. All incredible machines works on simple theories.

In my case too thinking simple 4 in organize

way helped me to complete lough syllaburg.

Ex- E am an aspinant for civil genvices. All

Said that remembering too many pages of world geography is difficult. But E took

it in simple way and considered it as

had to memorize one single page.

self control - Another most important value that made me what E am today.

E was at my age of 10-15 yrs suffered

from obesity. It made me Lazy & hampened my studies. I then took a

resolution in class 3 and of being discipline. To enencise daily, control my eating encessivery, control over being ide & Juzy. To lead a disciplified life with no excuses. And handwork paid at the end of I year. Helps to build character, 111/ Pursuit of develop the management swills, Co-curricular

skills.

activities

Identify inner talents, and

develop team spirit & leadership

Name: - Priatyay Pan Department :- Chemistory Semester: - Sem III SEC Subject :-Registeration No: - A01-1112-112-048-2020 College noll no: - 268 Jopie: - Values which shape me

Values Which Shake Me

- > Values generally meet the desire on needs of the people But with panage of time, the concept of value becomes more complex. Values make people's lives easier and help in the progress of life.
 - I the three values that shaked me :-> i) Mossal values; ii) Social values; iii) Cognitive values,

Mossal values

Physical and mental storength is the basis of morrality. Honesty is one of the most impostant factor in building own monality. Honesty is the only bolicy because it is the foundation for tout in a relationship. Every man expects honesty from other people. Non-violence make strong own character negardless of the storing and weak. Self control becomes easier for one it one can accept non-violence and contentment. Self control in adverse situations help us to take night action. Cleanlines maintain our physical as week well as mental health Self examination and is orugal for improving and succeeding in life. deading simple life makes self examination easien.

Social values

As a social being, the impostance of social values among human in immense. As individual good and habbiness depends on other happinen, so it is very important to be empathetie. Simplicity is exential to being empathetic. Helping poor beoble is always a noble works this gives bleasure in mind. When we work together, we understand each other, and it fells us stay united.

Puncatuality and obedience improve our minds and make us torustworthy to lother beokle

(Cognitive values)

the wgnitive application of the # teachings given earlier is very impostunt. Concentration is an impostant part of daily life. A concentrated person can complete his works smoothly in allotted time. Concentrated beable complete anything with perfection. Cool temperament bellows to make oright decision at the woright time. All occupations deserves equal nested and dignity. In order to be progressive, Ruman society must be given the dignity of labour. Leadership requires people with self nespect to accomplish any task. Independent thinking helps people to become self-neliant. Self-nested must have independent thinking.

SEC Mid Semester Assignment

Name - Sourar Mandal.

Semester- 3-d (Ub)

Department - Mathematics

class roll number - 373

Registration number- ADI-1152-113-052-2026

Values Which Shape Me:-

Value is Commonly regarded as an economic conception. An object is said to have value, if it satisfies a human want or desire. All things Satisfy human desires are good or have value. Food is good it has value because it satisfies hungers of a body. Shelter is good because it satisfies hungers of a body. Shelter is good because it saves us from inclement wheather and wild animals. Value in this sence is essentially survival value. It is adjustment to the environment. Men's wants today are much more complex and numerou and goal of life is more much comprehensive.

To be a human, values are the most important part of life and my life is not exceptional. The values which helps me to improve my self and my goal path for my life are described bellow.

O Spiritual Value: -

Spiritual value are human values. The Values of truth, love, Peace, sighteousness and non-violence are found in all major Spiritual paths. These Spiritual values are also human values and are the fundamental sorts of a healthy, vibrant and viable werk carrer. Spiritual values are important be cause they support my purpose in life.

The point of having my own unique experiences as an individual in this world of constant change is that it leads to continual personal growth, and that means growth in consciousness. My mind lives on for ever and grows with the experience that I gain in life.

O Aesthetic Value: -

What can't be said in thousand words can be brought home in a line of Sing, what can't be expressed by thound words can be Said by drawing a line. Astistic talents like singing, playing musical instruments, deading painting, dancing and motial arts bloom a personality Keeping the eyes open to the intrinsic beauty of nature around like the creativity of a rose flower corning on a plant indeed shows are respectful attitude to environment helps individual and Society what I possess need expression through speech in commanding language and manner in commanding gestures poctures and need careful herturing.

O Moral Value: -

Honest- just said it right, true, straight forword. It will save my heart from getting ages, self-discipline. listen to guide it would lead to understanding my body, my mind, my heart and soul. Respect in general, every thing and include humanism. Everyone had differences in respect. Justice what can I said. All Know this To balence and Structures for the planet. Mentality-it does not have knowledge. It growing fast me education people. Need to know all mentality that way I could able to talk right with what ever they have a label. So, moral value are important be cause they support my purpose in life.

Down values represent our personal guiding principle, or life god, guiding our behaviour in all aspects of life including Our home life, work life and our social life. This values will influence my decisions related to my relationships, career and activities.

Honesty: I used to lie a lot in the past, may it be about something serious or something very eimple. I personally think lying is addictive and spontaneous. It was not until I was 13 years old, that I learnt an important lesson in life, that I learnt developed in myself, Being a implanted the value of honesty in myself, Being a implanted the value of honesty in myself, Being a implanted the value of honesty in myself, Being a implanted the value of honesty in myself, Being a large of disobeying I remember and I viewed it as being "cool". My guardians and I viewed it as being "cool". I remember one day I lied to my parents about having I remember one day I lied to my parents about having a 3 hour tution in the evening and went to hang out in a movie. Later that day my parents came out in a movie. Later that day my parents came out in a movie. Later that day my parents came out in a movie. Later that day are parents from that mother cried. That day I made a realisation that mother cried. That day I made a realisation that honesty is the best policy for real, and I have never lied again since then.

Self Study! The term 'self study' can have different moonings.

But for me, it is to analyse and study oneself to
be a better person everyday. Whenever I used to
be a better person everyday. Whenever I used to
make a mistake, I used to put my blame on
make a mistake, I used to put my blame on
others to convince myself for being right always.

Once. my father told me that I should try to give
Once. my father told me that I should try to give
up putting blame on others for my own deed. Atth
up putting blame on others for my own deed. Atth
caught a habit of it. This has helped me to
caught a habit of it. This has helped me to
study or know myself better and analyse my own
mistakes, so that I would not repeat them in
future and be a better person every time.

learns with time. Not everyone is born with a cool and calm head, but everyone gradually learns it. I used to have heavy mood awings when I was around 11-15 years old, and I used to rage a lot over very simple things. In the process, I lost good relations with many friends and people, which really affected me a lot. After I learnt to control my anger, I noticed that I was revitalizing, and I regained contacts with many close ones. Self-control is an absolute many close ones. Self-control is an absolute a happy prosperous life.

I think these three values are the most important ones which chaped me to what I am today and will continue to chape me towards the goal of my life.

SEC Mid Semester Assignment

Name-Sagan Mandau

Semesteh-3nd (UUI)

Department-Mathematics

Class holl number-315

Regis thation number-A01-1152-113-008-2020

Values Which Shape me:-

Nature is commonly neganded as an economic conception. An object is said to have value, if it satisfies a human want on desine. All things satisfy human desines are good on have value. Food is good it has value because it satisfies hungen of a body. Shelten is good because it saves us thom inclement wheather and wild animals. Value in this sence is essentially survival value. It is adjustment to the environ ment. Men's want today are much more complex and humehous and goal of life is make much complexheraive.

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On life good, guiding our behaviour in all appears of life including our hime life, work life and our social life. This values will influence my decisions related to my belation whire, career and activities.

Registration No: - A01-1142-113-031-2019
Semesters 8- Tily
Topic 8 values which shope me
Collage Roll No: 1346

Values which shape me

Honerty: I believe that Honesty or truthfullness is a facet of moral character
character that commotes possitive and virtuous attributes such as integrity, truthfulmess, straight forward
of conduct, along with the absence of lybry,
chealing, theft etc. I won't lie that it was
possible for me to remain true to others and
myself all the time but I have always
treed. And through that truy I think I may
have come closer to my gool. or

or comething can be relied upon , or will toom out to be good. It is the feeling of being sure about comething even if it connot be proved.

Trust can be interpreted many ways, but at the end it comes to reliability and truth. It it is one of the most important values that someone can have.

learn to trust and be trusted is not an easy task you can say, but the importance is begund mesure. In a world without trust no one can service truly, it is fact.

Kindness and concern for others, the true importance of this values come form the work or practice of baking after those unable to care for thom-selves. Caving for others both physically and spritually is a vitally important walk to have, people will always mally on someone else for help at one point or another, but we often fail to realised how much of a difference carring for mother person an make. I believe this three values very helpfull to me to hit my goal.

Values that shaped me

Honesty:

The value that contributed the most in shaping up my present character is honesty. At childhood, when my parents tried to teach me the value of honesty, I thought honesty meant to be truthful to others every time. As I grew up, I realized that being honest to myself is also a part of honesty. Being truthful to meyelf was much more important as without that I would never be able to judge myself and find my mistakes. Doing so, it paved mea way to correct myself. This also helped me to decide my ambition and things I loved to do because I was able to listen to myself. I always try to be honest with others. Doing so, I feel at peace, knowing that I am not deceiving another person.

Concentration:

For me, concentrating or focusing all of my attention to a single thing is a very difficult job to do. I am still not very efficient in concentrating every time but it has helped me a lot. There have been times like during sports or playing music on may quitar, where without being attentive, I could not have reached my good. The power of concentration has helped me to feel and get intertwined with whatever lecture I listen to and whatever I relad. It one can concentrate, it is nothing short of a gift. So, I am trying to develop my concentration more and make more every day.

Punctuality:

I developed princtivality within me because I felt the need of a daily routine in my life. As I was princtival, I never fell behind of my daily schedule and it helped me to maintain an order in my life. I always had a specific time to do everything: starting from waking up from hed in the morning to going back to sleep. I could complete almost every of my honework, assignments and other duties without ever worthying about my health. As I grow up, I know that my workload and duties will continue to increase and for that, I have to keep remaining punctual throughout my life. This is definitely a value that will shape me forever.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

NAME: ARUN JANA
DEPARTMENT: MATHEMATICS
SEMESTER: THIRD
COLLEGE ROLL NO: 359
PAPER: SEC-1
REGISTRATION NO: A01-1112-113-039-2020
TOPIC: VALUES WHICH SHAPE ME

-: VALUES WHICH SHAPE ME :-

Introduction: - values can be defined on anything that can fulfill our desire or I can gives us Satisfaction. Everything that can help to fullfill our needs how a value to us. There are three values help us to bring self realisation as well as to control quartian to full full our goals. Practicing So morny volves at onece is difficulty thing Itodo we should go step by step. Here are three different thing I values thort I like to follow and this values have shaped me who I am. selflessmess: - selflessness is the Practice of not putting yourself first and willing to help other without expecting almy reward. Although it is a very different think to do 9 think A self centered norman mind always brings violence, bitter relationship with I each other which makes the world difficult to live of kindness can change the world difficult to live If we imagine what my situation would have been if 9 was the person then helping

him becomes easy selfessness is to one type of most l'important value that can help improve relationship with my friends. Teachers and any other Persons. 9 think " Many you be I happy" and "9 am in this for you". So this I is most important to build my corrier self respect: - self respect howing confidence in your self and behaving with grace, honor, dignity: we confront our selles with negaltive energy and discourging thoughts about ourselves, where are would never use negotive words on people who are important tous. However, it is highly valuable to heep in mind that you are most important Person in your Olife. 9 think selfrespectis I most valuable in my life because of this gam studying in 'Romakrishna Mission' which is the best institue in world. I think respecting myself not only means valuing, myself but also making the right decisions and taking the right steps when it comes in life.

Honesty: - In the realm of human values, I think 'honesty' is most important. The idea of stamping true to everyone can often feel intimidating and impossible, but lahart most people fail to realize is that it is not the act of simply honest rather the quality of a person who is being honest. I want lie that it was possible for me to remain true to others and myself all the time but 9 have always tried. And through that try 9 think 9 many have come closer to my good or least some steps closer to it.

conclusion: - Role of values in my life do not fossible to write because those values nelps in every step to build my character. It helps to get success in my life and to concentrate success in my life and to concentrate in my study. So I think these values novel shaped me more than any other values.

SEC MID SEMESTER Assignment

Name: Anichan Bose

Department: Physics

Semester: 3rd

Collège Roll No: 172

Values Which Shape Me

Values are individual beliefs that motivate people to act one way or another. They serve as a guide for human behaviour. In my life I have a number of values which are as a result of my up bringing, my principles in life as well as my socialization.

Achievement:

One of the educational values that are fundamental to me is achievement. This is as a result of my belief that what defines me most as a person is my determination to succeed and my desire to make a positive contribution to society through my career. Achievement and success are mostly · tield together with educational success. As a result of this, I how my educational exploits in high esteem since education is one of the avenues whose one's determination leads to quantifiable success.

Honesty:

It has been argued that honest men and women are dying brud. This statement holds true in our capitalistic society where profits and personal gains are the primary objectives. The means by which one goes to achieve success is often overlooked and as such the ends justiffs the means.

Even in the midst of such an envisonment; I still hold honesty as one of my core values. Without a doubt, this is mostly as a result of my upbringing whereby honesty was applauded and dishonesty shunned Also, I have come to realize that when one achieves success through honesty, the level of satisfaction that comes with it is truly unrivaled by any other feeling.

Respect is something that carries Respect: a lot of power. It has the power to bring people together or tear them apart. Respect is something we all want but struggle to give.

So, showing respect is a value which really shaper me.

conclusion: on this paper, I've identified some of the values that I hold dear to me. I have also identified how these values impact on the choices that 9 make as well as the actions I take. From this deep exploration of my values, I have come to the realization that my values have come to the realization that my values around greatly dictate how 9 prioritize mablers. I am me as well as how 9 prioritize mablers. I am a better person as a result of them.

NAME = SATTWIK DAS

ROLL NO = 110

SUBJECT = SEC-I

REGISTRATION = A01-1112-111-007-2020

DEPARMENT = B.SC (Hons) PHYSICS

"VALUE WHICH SHAPE ME"

INTRODUCTION

Value means importance or it is the standard of some one or something. value is totally satisfaction depends, the same thing which is value to me that many be valutess to others we can devide value in two sections, one is inhate value and other one is acquired value. According to 'Vedanta' selt realiza-- tion is the goal of Human life. The more we will follow intrinsic values in our life, the more we will reach to our Goal. Here are three values which have Shaped me and my life.

SELF CONTROL

Selb Control is the ability of a person to Control him in every situation. Selt Control is very much necessary for regulartion one's behaviour. In this value mind Control is an important factor. This value come to our work at eventh hour, when the last moment is comm. - Ing for any work. so, if we can control our mind self Centrall will automatically control.

UTILITY & IMPORTANCE

- 1. selb control helps to improve mind's power.
- ii. If we have the control ourselves, we can achive any ii. Anger is very harmful to us; selt control can easily

Control 11.

PERSONAL EXPERIENCE

from my childhood I controlled myself form saying any type of rough words and still now of controlled myself from any type of word which is painful to others.

DEVOTION TO GOD

Devotion to Great means the faith or belief that we show on our lord. When there is no way to me I always surrender to him, because I know he will surely save me from that situation.

IMPORTANCE!

i. When there is no answer of a problem, then the only answer is God.

ii. It helps us to improve our (possitive thinking of

iii. It has a great impact in concentration.

PERSONAL EXPERIENCE

One day we (me and my friends) were playing cricket. The balt lost after some time in a bushes. We tried so much to find the ball but we can't. but suddenly I found the ball after remember God's name.

WORK IN GIROUP

It means works with others cooperatively. when more head and hand will engage, then work will be easiear and better than individual work.

IMPORTANCE

i. It helps us to devlope better communication skill.

ii. Every loody of the Group will be benefited.

PERSONAL EXPERTENCE work in Group always helpme for study and making some thing Creative.

COLLEGE ROLLNO: - 541.

SEM: - 3 (B.sc.).

ZOOLOGY DEPARTMENT.

REGISTRATION NO: - A01-1112-115-025-2020

Value Education Assignment

Values which Shape me

Value & ave qualities that one considers to be acting like a driving force in their life.

Apersons values take precedence over other qualities and therefore dictate the manner in which an individual may act in particular instances. In my life I have a number of values. Some, basic values become Integral part of our life. It is penerally recognized that their if relation between the Satisfaction of desire and in the furtherence of life. So, it can be said that value is essentially survival value.

The Shore important values of my life are:—

MORAL: - Forom my childhood I have always disied to be moral and honest. I always toiled to Stand beside Youth. As, truth alone can help us stand beside Youth. As, truth alone can help us to lead our succeed in life. I truled to be honest to my fullends. my parents to my elders and even to my fullends. The most important thing is that I always truled to the honest to myself. Its when One trules to be honest be honest to myself. Its when One con stop him in and truthfull to his ownself no one con stop him in bife from achie ving the goals in life. As when I will be donest to myself the work will be completed in time the study will also be completed empleted in time the study will also be completed on time. So, for me the honest and moral attitude always helped me to shape my life.

ii) Un selfishness: - It can also be Daid as a way of Self-less ness. No Service to mankind 18 Severice to brod". Selfless service four the cause of humanity is as important as would hipling to god. Is I always believe that god is pore sent in each and creay individual. So, whenever possible of tay to help others in studies even I help strangers who are not known to me. Their oldpeople to cross roads. Once I donated all my ald clothes to poor childrens and even tried to donate my class to books. So, that others can study by this help. I did all these without getting anything in oretween. Its I know god always help those who help others iii) Kind ness: - Well forom my childhood my motore is always kind, polite and gentle. I think the act of kindness should be powesent in all human beings. I always try to respect elders and be kind to my junious. Kindness helped me alot to keep my mind colm and coolin difficult times. As it is wisely said that kindness . Con even change the enemy into afviend. Now, being kindto a furtend is what all will do dut & even try to be kind to parisons whom I don't know even. The kind attitude which I give to others is what I got back in return a lot and will continue to shape me towards. re goal of my life.

Nome: PARIMAL DEBANSHI

Roll no: 412

Reg: A01-1112-114-010-2020

Dept: BOTANY

Sub: VALUE EDUCATION

Date: 00 11/12/2021

what is values = value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a human want or desire. All things that satisfy human desires are good on have values. Food is good, it has value because it satisfies hunger. Shelter is good because it saves us from inclement and wild animal. But this defination does not go deep enough.

What is the importent values in my life;

Human values are most importent in lifeso important that people are and should be
really to sacrifice almost anything to live with
their values. Honesty, self study, Efficiency are
some of the end values or destination values
that human being seek to attain, Practise and
live with.

Honesty:

(i) Always telling the truth, never stealing or cheating (ii) Not hiding the truth about something, being sincere able to share honestly how me feel.

I get little bit of honesty which g have

I get little bit of homesty which & have from my parents and my behavate teachers and also other older person its helps me a Lot in my life, and & hope this & value will help me later in my life.

self study: - self study is a formal process out during which and educational programme critically examines subtonce, identifies, specific strengths and deficiences and indicates an plan for necessary modification and improvements. I study my sult everyday with the help of books. I study properly in this way without taking any help of others and I hope it a became a regular habit it in my daily routine, and have a belive that it will help me to get a success in my life.

to produce something with monimum effort, something with the least weast of time something with the least weast of time and effort like smart work this is the value which of follow from my early life value which of follow from my early life though I am note very successfully student in though I am note very successfully student in my life yet. But of have a belive that this my life yet. But of have will help me to get success in my life.

In hoday's society. moral values, rules, norms and sanctions affect the decisions made by individuals and over time, define the kind of person they chase to become. The decisions I have made in my personal and professional life have been influenced by my moral values and have helped define the person I have become hoday. Throughout my childhood, my family instilled many important values. Moral integrity is when we do what is right because we know it is the right thing to do. It means living a life of character and virtue.

The most important the value that shaped me soday, is to promote love and respect lowards others. I believe, all of us children of God and each one of us deserve to be loved and respected. I believe every person indiscriminately should be loved and the way one treats others, will get the same treatment in return in \$ one form or another.

The second most important value that it I was laught at a very early age was the value of education. I believe education must not be kept within the monopoly of rich and must be distributed to each each and everyone di indiscriminately. In today's competitive world, education is the key to live a successful life and we all

Finally, I believe to the core of my heart that honesty is the Best policy. My parants have taught not to resort to these unless the truth harms \$ someone. I try to be honest to others as well as myself because I believe dishonesty or unfair means might provide a temporary satisfaction but in the long run truth will prevail.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

Name: Pallab Kumar Maity

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Roll No: 349

Reg no: A01-1112-113-033-2020

Sem: III

Topic: Values which shape me

Values which shope me.

- Deputs troust can be interpreted many ways, but ultimately it comes down to reclability and trust. Wishout troust the world simply would not bunction. It is one of the most important human value someone can have. It was always taught to fourt those people who are appound me my pawerds, barnily, briends, teachers. Learn to should and be touted is not an easy work, but the importance is beford measure. In a world without lovet no one can service. So Lout is one of the important values which has choped me
- Desing Defense as displaying kindness bor others, sthe Lower importance at this value comes from the work on practice of looking above those unable to carrie for sthemselves. Carring for others both by physically and spiritually is a very important value to have, people will always rocky on someone else for help at one point or another but we obtain boil to realise how much at a difference carring for another person can make. I personally have belt a stronge happines whenever I have taken came at someone.

 So, carring is a very important value for staping me and most at the person should have this.
- (8) Honest: In the callection at human values, I think honesty' Is the most important. Though it comes abten the bloth. Honesty cannot be brought in the middle at like The I dea at staying tome to anoselt can obtain beel intimidatly and impossible, but what most people tails to mealbe is that it is not the act at

Simply telling the Lowth stoot makes someone honoset wither the quality of a penson who is being honest. I wouldnot lie that It was impossible bor me not to memoun tome to others and my self all the time but I have always toried my best. And shough strail tony I should I may have come closen to my soal on atleast some. Steps closen to it.

TOPIC- Values Which Have Shaped Me

Values form the foundation of our life. They dictate the choices we make and determine the direction that our life takes. Our values will influence our decisions related to our relationships, career, and other activities we engage in. It decides which is good or bad in our life.

The three values which have shaped me that who I am today and will continue to shape me in the upcoming time of my life is stated below-

1.STRENGTH:

Strength is a very important part of my life. Strength is a power that allows me to deal with every challenges in daily life. Without strength there is no existence of someone. Strength for life is a progressive training that improves balance, coordination, and endurance. Strength improves mobility of life. It reduces risk of falls. It speeding up recovery from illness and improves ability to undertake daily living task. And most Importantly it improves self-estimation and mental wellbeing that has a very important role in my life so far.

Thereafter everyone has a unique strength in which they do the best that none does.

2.SELF-STUDY:

Throughout the life and especially in student life one of the most important thing is self-study. Self-study allows to take learning at my own pace, focusing on areas that I'm most interested in. This helps reduce feelings of frustrations, anxiety. Self-studying is also be defined as *learning by your own*. Therefore, it helps to understand the concepts as my own according to my understanding and capability which have a good impact in concept building. Self-studying develops the thinking procedures by describing a particular concept in many other ways. Moreover, self-study is a very important thing in life.

3.PERSEVERANCE:

Perseverance is a very important character to be successful. It means to me to try again and again for success until it happens. Perseverance helps me to build concentration more stable on a particular job in any field. It is to insist and to be firm on getting something done and not giving up. In this characteristic one of my best motivated story is about **Károly Takács** who is a *Hungarian pistol shooter* won **gold medal** twice respectively in OLYMPICS 1948 and OLYMPICS 1952 in **25 meter rapid fire pistol** after the cancellation of OLYMPICS in 1940 & 1944 due to the World War-II, whereas he was practising for OLYMPICS since 1938. So Perseverance is very important characteristics to be successful in life. So strong determination of mind is the roof of perseverance which have a huge impact in my life.

Therefore, I do believe that these moral values will ever alive in me and will retain these values in me to fulfil my mission of life.

VALUES THAT SHAPE ME

Values are the principles that help us to decide what is right and wrong, and how to act in various situations. Our values effect our behaviors, our decisions, our goals etc. Our values shape our decisions and our decisions shape our life.

There are some values which I follow and these values help me in decision making of my life and I think that these values will help me to shape a better life in future also. These values are:

Honesty & Self-respect:

Honesty means the quality of being fair and truthful. I always try to speak truth in any situation. More broadly I present myself as a true and sincere person, without pretending. I always try to be honest about my studies and my works, honesty has improved my life and made me a better person.

Self-respect means having confidence in self and behaving with grace, honor and dignity. Whatever I do, I believe in myself that I can do that properly. I am honest about, who I am and I am not, I always try to do something that gives me happiness. I refrain from doing wrong in life and if I make any mistake, I try to correct it for better results in the future. Giving myself respect and time for what I like to do keeps me happy and improves my life.

Cleanliness:

Cleanliness means the state or quality of being clean or being kept clean. Cleanliness gives rise to a good character by keeping body and mind clean and peaceful. Maintaining Cleanliness is the essential part of healthy living because it helps to improve our personality by keeping clean externally and internally. Keeping my things clean and organized I can find my things quickly and this save a lot of time. Overall cleanliness improved my life a lot and will also improve me in future for a better life.

Scientific temper & Independent thinking:

The scientific temper is a way of life which uses the scientific method and which may consequently include questioning, observing physical reality, testing, hypothesizing, analysing and communicating. I don't always blindly believe in anything, I always try to find the scientific reason for that. As I am a science student, I also try to utilize my time scientifically. This scientific way of living live improved me a lot.

Independent thinking is having confidence to draw on own innate intelligence and depend on own judgement. I try to interact with people who think different than me and listen about their thinking and also try to challenge both mine and their own viewpoint of thinking. This practice keeps me think about broadly about my viewpoint and improves me in my life.

PG Sem-III

Regn. no. - A01-1112-212-017-2020 Subject - Chemistry Bober → SOC-3 {VECC}

Values that shaped me

The three things that have made the biggest impact on and have influenced my life that shape of me into the person i am today are family background, experiances from my school year and relegious belief.

our culture provides a lew through which we view the world and interpret out every day experiences. In order to know who I am today, I must look at who you have been.

Hony educators around the country are interested in developing a multicultural approach in their theaching. They find themselves approach in their theaching. They find themselves

in clansroom With 25 chieforum of varying racial and cultival background and are are looking for ways to connect what they do in the

classicon in the authores represented by their

students.

Before De can begin to under Stand others however De new to under Stand ourselves and what De bring to our interactions Dith others. Every time De engage Dith our survoundings De create an emberiance Dith both conciously and unconsciously our live experiances wheather traumatic or joypul

shape who we are over time. I am today in my jowney. I went through as a chilor I travallen I don't have to devalue my true character. the best thing my dard town me was, when it comes down to it you could be the most succerptul person in the worker but the will never watisfy you the way genuine relationships will At the enor of the day Characters is what matters the most. I never gove up my docams. My povents are about goods, every year like clockwork they bring up the power of good xetting. pelt the need to sit down and write out my goals. But this year was different. I took time with my parents and earblained them what my plan was My mome told me no matter what my dream and aspiration were they would support me every step of the way When people support our dream no matter. What It provides a sense of relief. I truly believe my loving someone means you support all his or hos hopes and dreams because it's horse to find one is passion in life. I don't have to change what I am . I think the exactest thing about life is, no matter how many ups and downs we go through we are same kids at heart.

We really don't change who we are. We can make positive changes and better our selves, but our childrood Dill always be a part of our_ identity. Throughout life, no matter how maugh things are my family has always been there. happens to be the reason I hope to start. I have been raised to see everyone as equals. Our generation is bruital to each other. With Coust. creficism from Boeial jorces, it no Wonder upbringings and some of us de lealue our accomplishment. But we must see the opportunities we are given to make changes, serve others and lister to the peoples. and I have to thanks my parents to that.

No matter how heated of an argument I have with my parents we always hugged it out. repusing to go to book angry at some one. I make sure to go genuinely apologize or make sure things are setted and be for my heado hits with pillow. I want to wake up happy and everyday is a new day.

Name-Subhadip Mondal chemistry Honours SEM-III ROII-240 Reg. NO. - AOI-1112-112-022-2020

-: Values which Shape me:

- what are values: values are the things the over important to us, the characteristic and behaviousers that motivate us and guide our decisions.
- what is self study: Self-Study is a process where in a child learns independently without the help of a teacher or trainer. Student uses external sources such as textbooks, notes or any other online or print source. This is an essential and crucial part of students learning.
- Filling free life. Honesty leads to a fulfilling free life. Honesty is not just about telling the truth. Honesty promoted openness, empowers us and crabbes us to develop consistenct in how we present the facts. Honesty

assignment work, I respect and thank in Sharpens our perception and allows us to Observe everything around us with clarity. work in a group: Humans are Social creat tures. So, we have society and we live to ge ther or we can say that we live ina group. There is a common phrase unity is strength. In my complete school life Thave learned about unity. From our very beginning we the students, have worked to gether. I participated many group discussi on for our study. The work will be more easier; fue work in a group can improve our knowledge. It is more Signifiearl to methat much of the work is done in group rather than individual. So, it is more important value in my life that ; can learn. Acknowledgement: The success and final outcome of this assignment required guidance and assitance of some people. I consider on Jest fortunale and to have got assignment work, I respect and thank our Principle maharaj kamalas-thananda for giving us oppurturity to do this assignment.

4

Date:> 22-10-2021 Name: > Debayon Bhattacharya

Rall no .: > 451 , Sem.: > III , Reg. no.: > A01-1112-114-037-2020

Sub. :- Value Education and Indian culture

Dept.: → Botany, Sub. Code: → SEC-I

Assignment: > Values which Shape me

>> Values: -> value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a kuman want on desire. All things that satisfy human desires ane good on have value. Like food is good; it has value because it satisfies lungers.

· values in owe life, relpus to be confident, competent, practical and professional. 3 main values will be discussed below.

I. Punctuality:→

>> what is punetuality ?

-> Punctuality is the characteristic of being able to complete a required task one fulfill an obligation before one at a Proeviously designated time.

Aunctuality is the storoting milestone on life. Punctuality usually highlights focus and commitment. It is a solivoorg II. efil ni stremevenisco toeorg at shoot start entrois us stability, security and self confidence.

☑ Implementation in life i→

- i) Being on time helps me be east, calm and callected and make a great improcession. Also I able to respect their saluable time.
- ii) to seach important places in perfect time, with out any delay.
- iii) To make a prooper occutine with suitable time management.
- in) punctual people are generally organised and systematic; ot gu grishow to sturing at moral barroad goes exporting up to going to sleep.
- V> to finish a work with beauty and in perfect time.
- >> My benefit: >> Being Punctual and on time eliminates Streez from my life and also summores the anxiety of being lateard help me in being colon and organized. Its also create a good

improvession to the other person. It helps me to finish a work with being beauty and in perfect time.

2. Self-control:>

- >> what is self-control?
- → Self-Control is the ability to request and after your responses in orders to avoid undesirable behavious, increase desimable ones, and achieve long-term goods. Research has shown that passessing self control can be important for health and well-being.

□ Implementation in life:

- ero isoutie thusiffic might my grapoor greated at philides ext ei eint (i
- ii) It makes me disciplined.
- iii) It helps me to make better decisions.
- iv It asks me in mind to think before speaking anything
- egrips) and stronges you to contract of my thoughts and feelings and be patient in every condition.
- >> My benefit: >> By proacticing self-Control, I have got some control over my emotions. I underestand what to say to stypioats you work as it wish osle and when many better by procticing self-control.

3. concentration; >

» what is concentration of

→I is the ability to ignore distraction and focus into the work and save our enerogy and time.

4: spit or moitatersmelam I

- i) It enables me to work more efficiently.
- ii) It helps me to ignoring other distractions.
- iii) Try meditation, it improves attention Span.
- iv) It is the ability to direct one's attention accombing to wiew meno

- V) concentration can be proacticed by listening more than speaking, taking a Shored break.
- >> My benefit: >> I god to know my distrocations that kinder my concentration and am slowly moving my self away from them by controlling my thoughts and wish to over come all of them soon.

NAME - AMIT SAMANTA

DEPT. - CHEMISTRY (M.SC)

SEM - 3rd (P.G)

PAPER - Soft Skill

ROLL - 16

REG No. - A01-1112-212-012-2020

TOPIC - VALUES WHICH SHAPE ME

Value Which Shape Me

Introduction:

Values can be defined as anything that can fulfill our desire or can give us satisfaction. Everything that can help to fulfill our needs has a value to us. I there are many different values which can help us to be better person. These values help us to using self realisation as well as to control ourselves. Values work as an invisible guardian to fullfill goals. Practising so many values at once is a difficult value that I like to follow and this values have shaped we who I am.

CELFLESSNESS

Selflessness is the practice of not putting yourself first and willing to help other without expelting any xeward. Although it is a very different thing to do I think if is the one of the most important value everyone should be follow. A self centered norrow mird always bring violence, biffer relationship with each ofher which makes the world difficult to live. Everything is beffer when everyone is happy. A random act of kindness can change the world for a person. It can hear the deapest of grief for some. one. If we see someone needs my help and I am capable of helping then the best thing is to helphin. If we imagine what my esthation would thave been if I was the person then helping him because easy. selflese is one type of most important value that can help improve relationship with my friend, teachers and any other persons. I think 'May you be happy' and 's own in this for you'. So, this is most important to

build my carrier fill now.

SELF RESPECT: Self respect means having confidence in yearself and behaving with grace honour dignity. We confront ourselves with nage tive energy and discourging thoughts about ourselves, where are would never use nagetive words on people who are important to us. However if is highly valuable to heep in mind that you are most important person in your life. Respecting yourself is a highly exhibit step to gain more confidence strength and self love. I think respecting myself not only means valuing myself but also making the right decisions and taking the right steps when it comes in life.

According to elint Eartwood- Respect your efforts, respect yourself self respect leads to self-discipline. When you have both finly under yourself, that's real power:

Simplicity: A life of simplicity can be defined as a life that has removed all of the non-essentials. It is marked by ameness. It is as uncomplicated. As a result, it is freeing. It allows our lives to be focused on the things that are most important to us. Simplicity in life cannot be achieved on without heresty. Honesty can live without simplicity but simplicity connect lives without honesty. Consider the fact that everytime we are not thoughtful. We arease an alternate reality and subsicuency we are aformed forced to live in beth worlds, the fine one and the one we have created. On the other hourd,

when we choose honesty in all aspects of a life including our moveriage, our business and our relationships, we live the same life whenever we are. Honesty leads to simplicity but dishonesty leads to duplicity. the exact opposite.

Conclusion:

Role of values in my life do not possible to write because those values helps in every step to build my character. It helps to get success in my life and to concentrate in my study. So, I taink these values have shaped no me more than any other values.

SEC ASSIGNMENT

NAME: SOUMEN CHAKRABORTY

SEM: 3rd

ROLL NO: 626

REG NO: A01-1112-116-018-2020

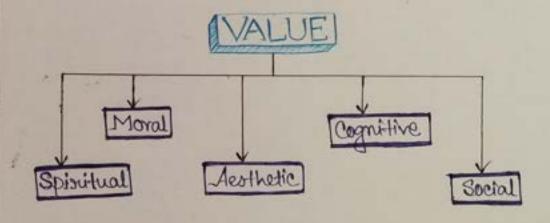
DEPT: MICROBIOLOGY

TOPIC: VALUES WHICH SHAPE ME

Values which shape me,

Introduction

Value denotes the degree of importance of some thing, or action with the aim of determining what actions are best to do or what way is best to live or to describe the significance of different actions. Values can be defined as broad preferences concurring appropriate courses of actions or outcomes. They affect attical behaviour of a person or are the basis of their intentional activities. As such, values reflect a person's sense of suight and wrong or what ought to be. They tend to influence attitudes and behaviour.



The values which I will write about one honestry, Charliness, and Simplicity.

Honesty

Unfortunately early in our life, we leaven that disherety can have incredible short-term benefits. It can get us what we want. It can make it easier to please the people around us. And all of us develop the habit (all beit, to vavorying degrees). Living an honest life takes effort-especially at the begining. It requires a decision to pursue it and some action steps to get it storted. But once it begins to gain momentum in my life and I begun to reddize it many benefits, howesty will become my life easier & easier

Cleanliness

The term 'cleanliness' means the absence of dirt,' garbage, bad smell, stains dust etc. Everyone has to realise that most of the Indian places look unpleasant and unclean to our eyes. Also, the littured garbage, overflowing sewerage and defaced walls can result in the spread of diseases. In such a case to avoid this the native should keep some efforts towards maintaining cleanliness in their homes. Work places as well as surroundings. A clean and hypenic confronment makes fulfilling life and happy sales.

day to days life. If we keep ownselves clean, then Hwill

be helpful in nation building exercise.

Therefore, we should try to adapt a lifestyle and clean own surrounding so that there will be no having to mature and the other living being.

Simplicity

A life of simplicity con be defined an a life that has removed all of the non-essentials. It is mapped by ameness. It is uncomplicated. As a result, It is freeing. It allows own lives to be focused on the things that are most important to us. Simplicity in life cannot be achieved without honorty. Honorty can live without simplicity, but simplicity cannot live without honorty. Consider the fact that everytime we are not truthful. He create an alternate reality. And subsequently, He are forced to live in both worlds! The true one and the one we have created. On the other hand, when we choose honorty in all aspects of life including our masoriage, our business, and our relationships, He live the same life whenever we are stonesty leads to simplicity but dishowerly leads to displicity but dishowerly leads to displicity but dishowerly leads to displicity but dishowerly

Name - Tushar Kanti Orao

Registration no. - A01-1132-112-014-2020

Semester - 3rd sem.

1 Moral Values :- Honesty cannot be the best policy but the only policy because even a liar does now want to hear lies from others and a thief does not want other thieves to steal in his own house. We cheat only because are are weak, so strength of body mind complex is moral. When you fear, you are a nobody and it is fearlessness which is the ornament of personally. Non-violence is not for the weak but for the strong who are not jealous of anyone. Such strength is increased with self control on the speech and action. one has to employ self study to be strong in body, mind, muscles and intellect, nerves and emotions through negular physical and mental exercise. Cleanliness personal and that of summoundings increases self confidence and contentment for what we got from nature and other humans, enhances a cheerful personality always happy in life.

Cognitive: - knowledge is power when relevant and applied. For enlightened citizenship emotions developed through moral and aesthetic values need to be supplemented with intelligence to develop emotional, intelligence, independent thinking, analytical scientific temper, objectivity in decision making, self respect in taking responsibility for actions taken with firm belief in law of karma, trying hard for logical perfection in all actions taken, perseverance in following

till end any decision taken and dignity of labour of doing any aspect of work involved, are cognitive values. Above all, concentration of high degree useful in any endeavour makes difference between person and person.

D Social Values: In society we all have to live together. Society is judged through its consituting living habitants. so good society radiates some basic principles which are practiced and preached by everybody. Moreover all these principles are based upon the idea that we are interrelated living beings. Individual good and happiness depend upon the others good and happiness. So we always try to do good to others.

Registration No. - A01-1112-213-016-2020

Man is not a body-mind complex but a person, a Self; a spirit. So what satisfies his personality or contributes to his self-realization is ultimately valuable to him. There are some values which have shaped me towards the goal of my life.

Honesty : -

Honesty cannot be the best policy but the only policy. I value honesty more than anything. To be a honest person, first we have to be honest to ourselves. Whatever decision I take and work I do, I always stay honest to myself. I always convince myself with truth whatever hard it is. I have trained myself and my mind strong enough so that I donot have to cheat to amybody for anything. I always try to be honest to the society and surroundings and advice my youngers to tell truth aways and stay honest. This value shapes me and I think it will shape me towards the god of my life.

cleanlinen:

A clean soul can only reside in a clean body. It is my responsibility to get myselt and my surroundings clean. I always try to make my body and my mind clean. I clean my room and my clother and belongings myselt. I stay away from over thinking tur any topic and this way I clean my mind. I also try to keep the surroundings of my house clean and advice the youngers and my roommates to maintain a clean surrounding.

Scientific Temper!-

Science always influence me to keep a scientific temperment within me. I always analyse my knowledge and thoughts scintifically. The scientific temper helps me to think logically before making any decision. I also advice to people with proper knowledge and logic. As a science student it is my duty to value scientific temperment.

Values which shaped

Name: Akash Chatteryee

Roll No :- 564

Subject: - Zoology

Semester: - III

Registration No: - A01-1112-015-042-2020

SEC Assignment

According to the Oxford English Rictionary, values refer to "beliefs about what is right and wrong and what is important in life" The importance of this apparently single word is showever profound. Values, established since the beginning of civilagation has shaped society. It has shown us how to behave and act in a proper way, shown us how to feel for others, human and other human beings alike. Some of these values are rooted deep in our history, in our tradition and transferred whether through oral communication or through written tents; whereas some are learned in the hard way through bitter enferience, enferimentation, education and socialization into what I am today and these along with more will continue to do

First of all the value which has, shaped me a projound simpact on me is empathy. Empathy, or the ability to understand and feel the emotions of someone has perhaps been introduced to me from a very at a young age. Though I couldnot distinguish sympathy from empathy at a young age; the ability to feel other's needs and their sorrows or happiness, had helped me manigate some of the very unique situations at childhood. The health problems through which I have everything from various perspectives. It has perhaps helped me everything from various perspectives. It has perhaps helped me to understand how they feel, how they navigate through their own life problems and so on. It has helped me to correct some of my own fault and stopped me from wasting food, clothes and stuff.

The second value which played a profound role in shaping me is my thirst for knowledge and my curiority. My curiosity to read and understand the meaning of sentences and words have driven me to learn new languages from a young age. It has allowed me to reach the for corners of the world and die into the deepest fits. It has told me how the universe works and how what we see is not always true. It has also helped me to realize that every human being is just the same no matter their coste, creed, religion, gender and has allowed me to respect everyone. My atheism has somehow showed me the path in which we can all live and my agnosticism helped me to respect the good traditions in our society and differentiate them from the harmful ones. In short, my thirst has allowed me to seek new ways to help mankind.

Last, but not least, courage has played an important role in my life and I hope it would continue to do so. The bullies I have faced in my childhood from my classmates as well as from my teacher-mocking me because of my ptosis - have made me a strong and brave person. It has allowed me to raise my roice against injustice even in dire and importantly conditions. It has made me face punishments from the oppressors but somehow in the final phases of struggle has yielded a good result. It has allowed me to face new things and enplore new places. It has allowed me to experience life and enjoy it

Other than these, sympathy, respect for others and many more values have shaped me into who I am. As life goes on, one learns new things, and have new enperiences and so I enpect to learn new things, distinguish the good from the bad and continue in my journey to become a better man.

Topic - Values which Shape ME

NAME - Pairpobreata Majumdeac, Sem- III, Roll- 942, Dep-Botany

S.E.C

values are the things that you belive are important in the way you live and work. They should determine your priorities, and deep down, they are probably the measures you use to tell if your is life is towning out the way you want it to.

17 Self Respect and self Control

Self suspect is an individuals subjective evaluation of their own worth and it suffers about believe in one self where Salf Control, is the ability to regulate one's emotions.

2) Cle anliness -

It gives you the sise to a good Character by keeping body, mind, and soul Clean and Peacefull. Maindaining Cleanliness in a essendial part of healthy living.

spenituality — strictly observant of on an appointed on regular time on no late. A peason who Promises to averve an do a kind of stopp in a given time period. Let us live a brand new life that's worth emulading. It provides us stability, security and self confidence.

OBenefit of to Self Control: -

-ay A person who has self control does not get distracted easily.

iiy this enable them to manage their time and occourses better.

O Benefit of Cleanliness :-

iy A clean envisionment automatically boosts ours

111 It also gives a frish and good look to our sourounding.

D Benifits of punduality :-

iy It discreases our chedibility and it also sufures our sign of propessionalism.

stress.

Reg No: - A01-1112-215-007-2020 Values which Shapes Me

Human values are may much with for shoping the life in a perfect manner. On the Extremely progressive world of now-a-days "value" his lommonly regarded as Concept of Commercial additity of a Certain Commodity. But in broad sense omighing that has the potential to salisty the heed of a human being is said to have value.

Intrinsic values are those values which salisfy the moral hunger inside a man 2 helpa thim to convoid hunself into an ideal trunan being. Authorgh those are several intrinsic balues, Jarkich when inculcated, shaped a man's life. But of it values that has significantly shaped my life. That has significantly shaped my life.

Perseverance - I specifically formationed this value the most, as it strengthens me to accomplish a task, that may not be executed its the first attempt this also gives the satisfaction of completing a task assigned and refins me with a positive belief on myself.

3 Self study - > Here by "self study" of m indicating to the act of knowing negatif by analysing my own actions. It may not happen instantaneously but in the due time, it helps one to judge I have a proper Conceptualization of myself.

3 Independent thinking -> In today's world whole knowyone is blindly following his how predecessories independent thinking helps me to come out my own niche. The Hinking may not be convect all the line but lit leverales a sense of individuality within me.

Page 1 NAME-RAJDIP GZHOSH Collège Rollino: 523 Reg NO:-A01-1112-115-015-2020 SEM- III, Zoology dept, and year Subject - SKILL ENHANCEMENT COURSE

VALUES WHICH SHAPE ME

I what are values in life?

=> values are about what you consider important to the life you want to live. They inform your priorities and, when practiced consistently, from the Character

They're pooted in your cone beliefs about what makes for a life well-lived and about the behaviour you want to model for others

Look at them as the guide posts for your actions and decisions - the themes around which you want to serign your life based on the type of person you aspine to be. you may inherit many of your lifes values from your Parlents on from societal expectations. But it's up to you to prioritize these values and discern how you'll honors & act on them daily.

3 important values which shape me:

(+) RESPECT: Respect is one of the highest signs of an actualized man stis easy to underestimate People to be Sloppy, to not give advensaries, work Collegeres or Competitors the respect they deserve It's easy to be cavalier, to think we've the best and

to ignore the facts. paying respect is one of themest highly oregarded signs of aman.

It means you have experience & Jouhave done your homework. Even though you may aspire to be best, you of Congrise that others do, as well As a man, one of the highest demonstrations of our worth its giving Platle

(2) AMBITION: - Ambition is the opposite of laziness. It's an indicator that, when choosing between Comfort and pisking to have a better life, Jon Charle the latter Ambition is prioritizing opportunity before Comfort. It's knowing what you want and going after it regardless of the consequences for your comfort zone. Even though we live in a generation that is more Jated and demands instant quatification more than our an eternal one. Fight for a better future and continuously refine you craft.

(3) WISDOM: The final value - and in a way, the Sum of all poerious ones - 1/8 weisdom.

It is experience. It's about having experienced something before and knowing the Pitfalls.

Stis having experienced similar things. It's having taken nisks in the past & being more willing to in the past & being more willing to in the past & being taken action future.

If the past & being more willing to take action in the future.

NAME: - Debjyoti Goswami College Roll No: > 513 Registration Number: -> A01-1112-115-009-2020 Semester -> 3rd . Year -> 2nd Department - Zoology Subject -> Skill Enhancement Course

VALUES WHICH SHAPE ME
How does one put a value upon life? - That is the
question that surfaces in the mind of every
individual at least once in a life time. The answer is not a definite one. Everyone has various beliefs and morals; this makes manifesting life value into a definite answer, a dounting task. I believe every individual holds a personal value of life, each of us appreciate different aspects of life more than other.

Importance of values in our life:is values reflect our sense of right and wrong.

(i) They help us grow and develop.

(iii) Individual values reflect how we live our life and what we consider important for our own self-interests.

(iv) Individual values include enthusiasm, creativity, humility and personal fulfillment.

Now the three values which have shaped me what I am today and will shall continue to shape me towards the goal of my life:-

(i) [Patience]:when someone is pushing our buttons, taking our time or attention away from something we want to finish, or making our life harder in some way, we practice potience by putting ourself in the others shoes, trying to see the situation from their perspective, and responding with kindness and respect. No one wants to be treated like an inconvenience or a burden, and sometimes our priorites have to change to make room for something (or someone) more important or more likely to help us grow.

(i) For giveness :-

For giveness is about letting go of anger and resentment toward those who have hunt or offended us. We are not saying what they did was akey or not a big deal; we're acknowledging that what they did was huntful but choosing to forgive them in order to be free of the anger and resentment (toward them) that are making us miserable.

In forgiving them, we take back our power and choose happiness and peace of soul for ourself, even if the one who hurt us has never shown the

slightest hint of remorse.

Everyone has a capacity for forgiveness-just as everyone has the capacity to hurt others with their words and actions - but not everyone has cultivated a habit of forgiveness.

(iii) Respect .
If we want to be known for treating all human (or living) beings with respect, we probably base that respect on something more fundamental than someones rank or social status. Otherwise, why should we consider it a priority to treat all humans with equal respect - regardless of their age, income or backgrounds or why would we put more energy into making

sure the least exalted among us is treated with respect than into making sure others treat us

with the same consideration.

respected and we feel more respected, too.

NAME – AYAN KAR SEMESTER- III ROLL NO. – 623 DEPT. OF MICROBIOLOGY SEC-I ASSIGNMENT VALUES WHICH SHAPES ME

Values are the most important part to be a good human being. It shapes us as a perfect person. Here as a student ,there are some important values which help me to move forward in future and also help me to achieve my goals.

Work in groups:

There is a saying ,"team means Together Everyone Achieve More". To complete a work punctually and perfectly, team work is the best way. The most important thing in a team is to communicate with others and work unitedly . This habit of communication and working together will help me in future . As a team I can fix my mistakes from my teammates and also can help them to fix their problems, which ultimately help both of us and also the team .

Creativity:

Creativity is the act of turning new and imaginative ideas into reality. It is characterised by the ability to perceive the world in new ways ,to find hidden patterns ,to make connections between seemingly unrelated phenomenon ,and to generate solutions. Being creative gives me opportunities to try out new ideas and few way of thinking and problem solving. Creative activities help us acknowledge and celebrate our own uniqueness and diversity. It also encourages me to create something from my personal feelings and experience.

Honesty:

Honesty or truthfulness is a facet of moral character that connotes positive and virtuous attributes such as integrity, truthfulness, straightforwardness. Honesty also involves being trustworthy, loyal, fair, and sincere. Honesty promotes openness, empowers and enables us to develop consistency in how we present the truth. Without honesty there is an absence of trust. It helps in developing good attributes like kindness, discipline, truthfulness, moral integrity and more. Lying, cheating, lack of trust, steal, greed and other immoral attributes have no part in Honesty. Honest people are sincere, trustworthy and loyal, throughout their life.

Name: Atanu Swar Course: Msc - Zvology

Roll Mo: 25

Reg. Mo: A01-1112-215-025-2020 Semester: III

Befere discussing about those values which shake my life, first of all we have to know what is values? In the Common sense "value" is regarded as "an Elonomie loneeptien". An abject is levid to have values if it Satisfies a luman's desire or want. All things that satisfy human desire are considered as have some values. But this defination is not enough to understand the inner deep meaning

It is generally recognized that there is a relation between the satisfaction of desire and the preservation & furtherance of life. Value in this sense is essentially surrival value. It is "adjustment to the environment" like adaptation of living beings to the local surrounding elements or facts of envisonment from the overigh of life on earth to the present for their existance on this earth.

In the present world realities mens want more numerous and complex things in life, so, the goal of life is now turned into much more comprehensive. Therefore, it can be easily send that what sectisfy aman's desire, personality or contributes to the many self-realization is ultimalety frætty valuable for him.

"Vedanta" says the SELF KNOWS that is eternal existance so, according to the highest Indian thought, vedanta, self realization is the edinate goal of human like and the Intrinsic

Values are those which are inherent in the self eternally. berseny beyond all differences due to time and place. In the Indian subconfinent, mere people including me believed that stiritual and Aesthetie values shakes our life from our childhood. Moreover, 3 intrinsic values shake my life those are discussed selver D'Moral value @ lognitive value @ Social value. D'Moral values :-> Moral values relies on some facts are -Honesty: We all know Honesty is the best policy. so, always have to be honest. Non-violence: Being strong not to jealous to augene and non-violence to weaker is the best path for rising the pears of the success. cleanliners: "Cleanliners is next to godliners", éleanliners af self and severoundings increases self considence and enhances a choesfield personality. Contentment and Austenity: Always have to be contentment for what we get from nature and office humany. Mainfain and accepté the Austeriety in our life. Belause more desire marse the human violence and that not the sight way to be successful. Self study: Good observation & self study is very to about what we want to do in infermation Simplicity: Always have to be simple and not fell jealousy Poroud for our success. We have to learn from nature that a tree filled with fruit always bows its head but a valant tree doesn't. Self Control: Self Control at every part or moment af our life hielts us to choose the right decision in every moment. Prighten or temperment inhibit us to overlerne the danger. 11) Cognitive values :- This depends on some feets are concentration: Knowledge is power when relevant but loneentration must be needed for doing any new or unknown or known worky to complete it easily.

Independent thinking and Scientific temper: Everyones thinking or Sifferent. But to enlightened ourselves should be

thing independently for farting any decision and quenti-fically go forward for Completion of that last.

Objectivity: Everyone has aim in their life. But for achieving that success have to fulleful different tasks with the object. Without the object doing of anything is valueless onz time waste. Dignity of labour; Endeavour marres the about fullfill hard werrs. Without it nothing is passible to achieve in Self Respect: self respect in taking responsibility for action taken with from belief enlightened the citizenship. Perfection and Preservance: traying hard for logical perfection in all actions taken and preservance in following till end shapes the actions with verfeet to the deedson that taken. @ Social values: +> Empathy and Service to poor: We all are social animal live together in a seriety. A Good society is judged through its constituting lining habitants. So, always help other and mine it that "serving the needy is serving Grod". brook auture, good knowledge and hallping the books Practiced and preached by everybody makes the Society Respect in all religion: Good is one any unique. Mens divided the religion and culture. But we all are same any Mortal: so, always respect to other religion always provided moment for us. Justice: Wozung justice can take the life of an immocent people so, always try to jeelere vight justice for punishment af bluffer. Work in group: "Unity is strength". So, group worn make the tasks easy and done within time and also remains the wearhers I safe from danger. Patriotism: mosherland is she first priority for everyone, where we grow and learn the meaning of lows tife. so, any good thing be have to do for the save of our mostresland. Pronetuality and Obldience: Time is bound. so, have to complete the getiens within the fasticular time. Therefore, puneticality and obedience & guidence

of parents and preceptor or marter build the correct way of life within the correct time.

. . . .

Above writings about three values (moral, lognitive and Social) implies that what I am today and low those 3 values shaping me Continuously. And I thinks those values will continue to shape me towards the goal of my life in future.

Department $\rightarrow 200LOGY$ M. Sc. III SEM

REG NO \rightarrow A01-1112-215-032-2020

COLLEGE ROLL \rightarrow 32

VALUES WHICH SHAPE ME

In broader aspect, the meaning of value in life is essentially survival value, by which one person can be adjusted to his surrounding environment. But, this notion of value is in complete; as human-being is n't only a body-mind complex composed of bundle of dosines, but he's a spirit with self-conciousness. So, the self-nealization of a human-being should be the cultimated goal and values one defined at this level. As a human being, some - intrinsic values helped me to reach that cultimate-goal and will also help me on further shape me; Out of these values, I'm going to write about 3 such values.

Spiridual Pealitz ornamentation is where Atman=
Brahman concept is brought home; the utmost good
of the human life is to realize that atman; as
of behind changing natural phenomena and
constant behind changing body-mind complex,
as constant behind changing body-mind complex,
are same. To bring paith in cheself all and all,

thousedown of Admon and its presence in all-beings is hecessay. The person must bear to utilize the Energy, given by cosmos for perpetualing-welfare of human and nadural resources, so that he can think beyond himself and feel worshipped for the creator of this creation.

Monal > from the dildhood, it was taught that honests is the best policy; indeed honests con't be the best but the only policy to pollow. To avoid cheating on pollow the honests, one must be strong in the body-mind complex. Self-control on the moderalistic desire is very much needed to achieve this; And to achieve self-control, self-study is to be employed through regular physical and mental queencise, employed through regular physical and mental queencise, yogasana, meditation. Thus, this's the only to be strong monally.

Cosnidive -> Along with monality, the power of knowledge is also required to develop analytical power, independent thinking, intelligence. Although, it must be remembered thinking, intelligence. Although, it must be remembered that knowledge is the power only when it's relevant and applied. A human-being must have the willness and applied. A human-being must have the willness and applied. A human-being must have and more to give his atmost Jabom to acquire more and more to give his atmost Jabom to acquire more and more knowledge. Self-nespect in taking actions with from knowledge. Self-nespect in taking actions in all actions believe in karma, finding Josical perfections in all actions believe in karma, finding Josical perfections in all actions taken, perseverance in pullowing till end of any decision taken, are all cognitive values.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE



VALUE EDUCATION ASSIGNMENT
TOPIC- VALUES WHICH SHAPE ME
DEPARTMENT- CHEMISTRY(M.Sc)
REG NO- AO1-1112-212-033-2020
ROLL NO- 39
SEMESTER- M.Sc 3RD SEMESTER

Values Which Shape me

VALUES:

Before we look at the definition of personal values, let take some time to understand what the word **value** stands for. At its simplest value is a quality that is desirable, something of worth. Our values are important as they help us grow and create the future we want to experience. They guide our behaviour, attitudes and beliefs and our motivation. There are some values (absolute and intrinsic), those reared me and make my life cabalistic beyond all differences due to time and place.

TRUTH AND HONESTY: Both the words are complementary to each other. Honesty is the simplest thing and it develops a practice of speaking truth throughout the life. It must be said that honesty implies being truthful. Honesty strengths and improves relationships between people. It helps in bringing them closer making a unity in between them. This is another value that shaped me. In my first class of my school_our head master told us that it is the most important and useful thing for our student life to be a honest person. He told us that a person who practices honesty in his life possess strong moral character. There is a very common phrase Honesty is the best policy. Honesty helps me in developing good attributes like kindness, discipline, truthfulness, moral integrity and more. Honesty removes fear from my heart and makes me courageous and confident. Now in our very corruption days this is really need for us. Though it is a very responsible value that shaped me, I always try to main this policy in my life.

RESPECT: When coming across people who have total different opinions from mine, I always act respectfully. For example, at school, we have to do many team projects, most often, team members may come from total different cultural background, and thus they always have different opinions about the same thing. Being respectful to other students, I am well mannered, using appropriate language, opening to criticisms, and conducting myself professionally. If everyone knows how to respect to others and act respectfully to each other, we will to get along with each other and thus there be more happiness and less conflict in our society. So we will make the world a better place.

<u>WORK IN GROUP</u>: We have our society and there we live together or we can say that we live in a group. These groups have a profound impact in

our thoughts, feelings and actions. There is a very common phrase **Unity is strength**. It is not that teaches by someone, it is the case of realization and development of our mentality. In my complete school life I learned about unity. As we are in a residential school all the students were working together. All of us are in a group and it satisfies my need to gain information and understand through social comparison, define our sense of self and social identity and helped me to achieve my goals that might elude me if I worked alone. It is more significant to me that much of the work is done in groups rather than individual. When I do any work in a group it enhanced my idea on that particular topic during discussion and it nourished me with a lot of positivity. In a group I am very focused on making a smooth and quick decision which possibly the more fruitful option for us. So, it is one of the important values in my life that shaped me.

VALUES THAT SHAPED ME

ACKNOWLEDGEMENT: The success and final outcome of this assignment required guidance and assistance of some people. I consider myself fortunate and to have got this all along the completion of my assignment work. I respect and thank our principal Maharaj Swami Kamalasthananda for giving us an opportunity to do this wonderful assignment on the precious topic **VALUES WHICH SHAPE ME**. I would like to extend my sincere gratitude to principal Maharaj without whom the work would have remained incomplete.

Sub : SECT TO ME THE

College roll no. 543

Sm: IL

Topic: Values which shape Me

When suddenly asked to be person about the values they caphold, the that casual, reluctant answer is, I don't have any value or something alike. But the question leaves the man pondering about his the values or moral principles the Albas in his everyday life. Even unaware, every single person has their angue set of moral values and that's what makes them different from each other. While pondering on mine

The first value might be that I like to help others. Il I am not wrong, then I share almost all of my personal notes with my fire, lloss works and homeworks with my friends and bakinmates. In Return my formeds also give me Heir motes and this mutual sharing of concept and school letter only Increase the each other knowledge but also recess our concepts and a cook questions. But Il I give it a bit more thought the nature of sharing was adopted by me bravery Selfish reason, that was to feel 'needed' by other and to leal I bolong somewhere. This one might be due to the Pact that humans. are pack animals and if a section someone didn't contribute to the Pack they were left behind, to and was hunted down or by other animals or affected by 16 n' no. of exological factors. This manted techny some how be of left behind to die hus some how passed onto us and is the basic teason why are don't want to be alone, and unless one praids positively to for the society one will not be needed and 11s consequenus in the modern dy are lack Of less friend and 'people clase to the heart'.

The second one might be a bit sellcontend and related to to a cadomics. I don't study much, but once - I go through a topic of the Interest and develop some sort of diagrams or Powchards or any perfographic representation of it, I might not need to study the same for weeks as it, sort of, gets embedded in my mind. But the probablem is that the 'Interest part plays are serious amount a role in the oth efficiency of the process. Diagrams too, play on Important role, and may be our picto graphic memory is sharper than reading /writing memory as our early answestors used pictores to communicate and those pictures in due course of time turned to script of various languages. From till date the kanji sign script / Symbols in Chinese and Japanese language are pickographic and almost gives a complete sense.

The last and the most important one is to 'Rectify ones an lauts before pointing other's'. This gives one a gove stronger ground in and argument and the other person may as even techty their lauts if I ty are some.

Now I would like to end with a newly Pound realization that I gailed while with conthin writing this assignment. Most of as one shy to share our values in the beginning at self-appreciation feels wrong but after Jothing down one values it urges them to more to locas on them as they don't can't to lie to themselves.

VALUES WHICH SHAPE ME

INTRODUCTION! Values can be defined as anything that can fullfill own desire on can give us catisfaction. Everything that can help to fullfill own needs has a value to us. There are many different values which can help us to be better person. These values help us to bring celf realisation as well as to cantract control ownselves. Values work as an invisible quardien to fullfill own goals. Practicing so many values at once is a difficult thing to do. We should go step by step. Here are three different values that I like to follow and this values have shaped me who I am.

SELFLESSNESS: Selflersness in the practice of not putting yourself first and willing to help other without expecting any reward. Although it is a very different think to do I think. It is one of the most important value everyone should follow. A self contered narrow mind always brings violence, bitter relationship with each other which as makes the world difficult to live. Everything is better when everyone is happy. A random act of & kindness can change the world for a person. It can heal the deepest of grief for comeone. If we see someone needs my help and I am capable of helping then the best to thing is to help him. If we imagine what my situation would have been if I was the person then helping him becomes easy. Selftersness is one type of most important value that can help improve relationship with my foriends, teachers and any other persons. I think, "May you be happy" and "I am in this for you". So this is most important to build my carrier till now.

SELF RESPECT: Self respect means having confidence in yourself and behaving with grace, honor, dignity We confront our selves with negative energy and dis couraging thoughts about our selves, where we would never use negative words on people who ere important to us. However, it is highly valuable to keep in mind that you are most important person in your life. Respecting yourself is a highly crucial step to gain more confidence, strength and self love. I think self respect is most valuable in my life because of this I am studying in 'Ramakrishna Mission' which is the best institute in the world. I think nespecting myself not only means valuing myself but also making the night decisions and taking the night steps when it comes in life.

According to Clint Fartwood - "Respect your efforts, nespect yourself self nespect leads to self-decipline. When you have both firmly under your behalf. That's real priver."

being clean on being kept clean. Cleanliners is one of the most important value because. Cleanliners helps to keep both Physical and mental health healthy. Clean environment helps to calm own mind down, it helps to maintain a proper hygiene and it also increase the arthetic value of environment as web. If we cannot keep us physically and mentaly fit then we could not able to do anything. Cleanlines is also helps to keep environment clean which is very much necessary for staying healthy. So I always try to keep my room clean and also try to keep my outside clean. That give us

more energy and more concentration. So, I think dearliness is one type of value that completes my life.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE



VALUE EDUCATION ASSIGNMENT

TOPIC: VALUES WHICH SHAPE ME

DEPARTMENT: CHEMISTRY (M.SC.)

REG NO: A01-1112-212-029-2020

ROLL NO: 33

SEMESTER: M.SC. THIRD SEMESTER

Values Which shaped me

Values are individual beliefs that motivate People to act one way or another. They serve as a quide for human behavior. Values denotes the degree of importance of something or action, with the aim of determining what actions are best to do or what way is best to live or to describe the significance of different actions. Value systems at a prospective and prescriptive beliefs. They affects the ethical behavior of a person. There are some special intrinsic values for me which shaped me in my life.

(i) Honesty and Truth Speak :=>

Honesty and touthbulnes is a facet of moral character. Honestry means to develop a practice of speaking touth throughout life. Honestry and touth are always relate with each other. My father (as a teacher)

Honesty even in painful day in my life. And he also told me that as a person who retain honesty in his life, they can posses strong moral character. There is a very common word Honesty is the best policy. Honesty is negwired for developing good affitude in our life. So, I always try to maintain this:

(ii) Motivation and mental strength:

For a every human being, failure and success both come into our life, when failure come into our life, we will not four owr goal. In this time motivation and mental strength both are required to acheived; own goal. From my side , I always try to motivate me and improve day to day when failure come into my life. For that reason motivation and mental strength are necessary to concentrate our mind. I think it netresh my mind to get success in my life. So, that is

the second value which can shaped me.

(iii) Study: - This is one of the most important value in my life. It is a pure learning method. When I overcome my childhood my parent and my teachers about told me that study is one port of your life which bird you such good character with good personality. That is my third and last value which makes my life successful in butwe.

Acknowledgement: -

First, I thank our respected Principal Mahanaj for giving us such important astrignment, topic 'VALUES WHICH SHAPED ME'. In this topic I described my values which also helps me to get success upto this stage. Name: Alpah Roy. College Roll No.: 553.

Department of Zoology (UC).

Subject: SEC-I(Mid-Sem Assignment).

>: THE VALUES WATCH SHAPED ME:

1) Discipline: - This is one of the many values which I had from my very childhood days. In my childhood days I got the primary lessons of discipline from my mother, who is also a very disciplined woman. She used to say me that without discipline you can't do anything in your life. I'm very much disciplined about allmost every aspects of my life, whether it's in the case of study or any other aspects. As I was very disciplined from my childhood days I was also very much punctual. regarding time. Serviously, this value help me a lot to improve my study as well as my lifestyle In this running world, now a days it's very much essential to become a disciplined human being and till my death I want to lead my life in this

2) Honesty: - This is another core values in my life. From my early days I got the lesson about the importance of honesty in our life from my parcents & elders. That's why from my childhood days I used to be more on less very much honest, but it's true that in some eashes where needed I also told some lies, but the percentage of that lie is very much less. And all these lies happened in the outer world but I never lie to my powents. Apart from honesty I'm also very much respectful to the elders, my parents, my teachers, my neighbours, my briends etc. That's why I'm very much gld glad to have their blessings with me. Throughout my life I want to keep these values with me.

Positivity: - From when I understand the difference between positivity & negativity, I realized that I'm very much positive about almost every other aspect of my life. I never got loo much scarced about anything. And by this positivity I also become very ambitious about my life and positivity & self-confidence fuel me up to set the goals of my life very high though I belong town a typical middle class family.

RAM KRISHNA MISSION

VIVEKANANDA CENTENAKY COLLEGE

Sub-VALUE EDUCATION ASSIGNMENT

· Reg no - AOI - 1112-213-017-2020

ROU no - 19

Dept. > Mathe matics (MTM); Plr Sum III

Date > 11/12/2021

INTRODUCTION ~

Joday we're living in a world of povialox, in one hand we're advancing science and technology very fast, while on the other hand most of the people facing the problems of alcoholy and strung abuse, stress etc. Therefore values should be introduced at the server levels to stress the importance of the values in the wind of the youth.

value vienns to be worth, to be nearth, to be nearth, to be strong, values are those standereds or eader which are conditioned by one's culture's cent.

Few lessness ~

ferrlessness is the state or the quality of being with out fews. It's larling doubt, has confidence and courage to face challenges and danger with shillferd behaviour Ihis value of wine helped me a tolof in different situtions of my life. I achieved this when I first stepped down from my comfort zone by leaving my home for my few the education seven years ago.

the Self Study ~

Seef - Studying is a learning method where studythe dixect their own studying outside the class room and without very valuable way for many our be study on be study on my own because 9 person in a very diverse way, so aspect of life by my own and eyes and mind.

1 Scientific tempes ~

The terms scientific temper is broadly defined as "a modest open-minded temper - a temper ever ready to new experiment, when unentable sus uts are unfavourable to pre-theories. My wind mind is always and rong-chrished open for p new mathematical scheme dicuss new mathematical sclear neith ledges made of the matter of the scheme will help me to grow in the Scientific community.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE



VALUE-EDUCATION ASSIGNMENT

TOPIC: VALUES WHICH SHAPE ME

DEPARTMENT: CHEMISTRY (M.SC)

REG NO: A01-1112-212-003-2020

ROLL NO: 05

SEMESTER: M.SC[3RD SEMESTER]

VALUES WHICH SHAPE ME

> values:

Values are like seeds that sprout, become saplings, grow into trees and spread their branches all around. To be able to think right, to feel the right kind of emotions and to act in the desirable manner are the prime phases of personality development. Building up of values system starts with the individual, moves onto the family and community, reorienting systems, structures and institutions, spreading throughout the land and ultimately embracing the planet as a whole. Value Education is essentially a matter of educating the feelings and emotions. Value education is simply a matter of developing appropriate behaviour and habits involving inculcation of certain virtues and habits. Values represent wide range of good ideas about the end that people should pursue in their life. Values provide a general guideline for the behaviour of the people, as for example human dignity, patriotism, religiosity, sacrifice, helpfulness, co-operation, social equality, privacy, democracy etc. guide our life in multiple ways. Value education cannot be circumscribed by textbook material but should be left to the initiative and inspiration of the teachers in finding the learning resources. Education is necessarily a process of inculcating values to equip the learner lead a life – a kind of life that is satisfying to the individual in accordance with the cherished values and ideals of the society. Value Education helped us to shift our conception from religious and moral education to education for peace, parallels the shifting sense and sensitivities in the larger context of education. However, value education can be imparted in a few ways.

There are some values (absolute and intrinsic), those reared me and make my life cabalistic beyond all differences due to time and place.

* TRUTH AND HONESTY: Both the words are complementary to each other. Honesty is the simplest thing and it develops a practice of speaking truth throughout the life. It must be said that honesty implies being truthful. Honesty strengths and improves relationships between people. It helps in bringing them closer making a unity in between them. This is another value that shaped me. In my first class of my school our head master told us that it is the most important and useful thing for our student life to be a honest person. He told us that a person who practices honesty in his life possess strong moral character. There is a very common phrase Honesty is the best policy. Honesty helps me in developing good attributes like kindness, discipline, truthfulness, moral integrity and more. Honesty removes fear from my heart and makes me courageous and confident. Now in our very corruption days this is really need for us. Though it is a very responsible value that shaped me, I always try to main this policy in my life.

- ❖ <u>SELF STUDY</u>: It is a learning met hod where students direct their own studying-outside the classroom and without direct supervision. It is the first value that makes me an independent student. Since from childhood I was in a hostel so there was neither my parent nor any private tutor who could help me for study at that particular time. Using self study I am able to go beyond simply learning what my class text books and instructors teach me. By practicing self study I am encouraged to explore further topics in which I am interested and developing stronger study skills as a result. The most advantageous result which I have got throughout self study is I can take control over my own learning. So, it must be said that self study is the most important value of my life that made me. This self study always boosts my self-esteem encourage my curiosity and make me in a shape.
- ❖ WORK IN GROUP. We have our society and there we live together or we can say that we live in a group. These groups have a profound impact in our thought sfeelings and actions. There is a very common phrase Unity is strength. It is not that teaches by someone, it is the case of realization and development of our mentality. In my complete school life I learned about unity. As we are in a residential school all the students were working together. All of us are in a group and it satisfies my need to belong gain information and understanding through social comparison, define our sense of self and social identity and helped me to achieve my goals that might elude me if I worked alone. It is more significant to me that much of the work is done in groups rather than individual. When I do any work in a group it enhanced my idea on that particular topic during discussion and it nourished me with a lot of positivity. In a group I am very focused on making a smooth and quick decision which possibly the more fruitful option for us. So, it is one of the important values in my life that shaped me.

VALUES THAT SHAPED ME

■ ACKNOWLEDGEMENT: The success and final outcome of this assignment required guidance and assistance of some people. I consider myself fortunate and to have got this all along the completion of my assignment work. I respect and thank our principal Maharaj Swami Kamalasthananda for giving us an opportunity to do this wonderful assignment on the precious topic VALUES WHICH SHAPE ME. I would like to extend my sincere gratitude to principal Maharaj without whom the work would have remained incomplete.

REGN NO: _ A01-1152-212-008-2020 of 2020-2021

Claso Roll: - -11 , Sem - M.Se. III , Sub: - CHEMISTRY

Proper:> SEC ; Name: - SUBIR DAS

- So to be a good character. We should maintain our behaviour throught our life. Behaviour and character are very much related to each other. There are so many values in my life thich have help me to build and character on wer as behaviour. Among these values the main three realness are most important to me. These are 1 Heditation. (i) Self-dependence, (ii) punctuality
- (i) Heditation > xit joint I was very impattent. And I was getting failure in so many things. Because looking for instant result. This teing lead to me an irritated libe. But heaving the values of reditation, I storted to do this magreal practice. I started to do this practice twice a day. About a long practice it becomes my habbit and started getting the Hearth of this magrical provot. Healthation from lead to me a disciplined and clam libe. Heditation offered me a unique peace and stability. It has changed numerous health and physiological benefits as well. Healthation has also helped me to Concentrate on topic. This fractice has given me a lot of hoppiness.
- (i) self-dependence self-dependence means do your own work by yourkelp. We do many works in daily life directly on indirectly. I was among them who does not do their win duty by themselves. I was 80 big tof their doing my duty. I was always dependent on my never people.

But when I sain my haster life, there where no one who cam help me to do my work. I fell help less. I was compered to do my work. I have to do my work by morking. I observed to learn of a being a help dependent of the week on a future successful man. Flow doors months later I felt the importance by being self-dependent. It has helped me to increase my confident for a doing work.

Self-dependence has decreased my load.

(ii) Functuality — Being on time matters, it matters a lot towever, a large number of people hove a foroblem being on time. I was one of them. There are many negatives that go along with having a habbit of being late. I could not finished my wink on time. I was quite victime of it. But whenever I came to know about importance of punctuality. I felt showe on my kelb. I started to adopt the habbit of being on time.

Being on time help a man to cut down on Stress being on time help to reduce friction with our partners, friends, co-womens; notody likes to be kept haiting. I started to complete different tanks on time using a timer.

Respect me on building character. I Still practicing these values suggested become a successful, grod characterized, Herponiale mome in future.

SEC Mid-Semester Assignment

NAME: MD IMTIAZ HOSSAIN

SEMESTER: III (UL)

COLLEGE ROLL: 260

REGISTRATION NO : A01-1142-112-040-2020

DEPARTMENT : CHEMISTRY

Topic : Values which shape me.

Before going into a brief discussion of the topic we should know a few lines about values.

what is values?

conception. When an object satisfies own desired then it is called value. So value is not a simple world the meaning of value is very deep, we can give some example like - sheller in good because it protect us from the indepent weather and wild animals, Food has its own value as it fullfills own hunger.

But all these values are afforcently seem to be very meaningfull although here the value in this sense is essentially swiving value. It is the adjustment to the environment, man is not a more arimal or bundle of desires but a force more accordately a self, aspirit who has its own thinking would. So what satisfies his personality or contributes to his self-realization is ultimately valuable to him.

Being a Human being if I consider about three values which shaped me till now and I believe, will help me in the future also are:

(F) Moreal value

(iri) social value

(i) spiritual value:

Preality Orientation is a must where the Atmans Breakman correct is briought home. Atman as the Constant behind the changing body mind complex and Rechman the constant behind the changing natural theromena are one and the same, and goal of human life is to realize this unity. The realization of treserve of Atman in all beings brings 'Chrattha' or taith' in myself and helps me to stay uncelfish'. This concept nowishes my thilosophical concept and helps me to understand the treath about own insignificance in the cosmic play and to act fore welface of human and natural resources. These spiritual aspects of life gives me innoverement and makes me fearless in all difficult situation and gives me the confident that a you can do it too'.

Moreal values:

moreal values also helped to shape me. I always try to follow the path of housty because it is the only way of self-realization. I believe if a man is n't clear to himself he can't be clear to others also. So everyone should have moreal values to others clear to themselves. Honesty and nonviolence are the sign of strength so in order to inviewe the strongth we should leep self-control. If we want to control owicelves we must practice reading varifies of books, physical and mental exercises regularly may be honesty is n't the greetest thing in the world but the only policy even a thief doesn't want to be stolen by other thieves.

Social value;

One of the mat important thing in human life is social value. May be we all ignore this value but this the thing that makes a man. In society we all have to live together. A good and supportive society always gives us an inspiration from owichildrood. A good and covering society gives us a mental security so that we can get own mental strengths to do any kind of work. In a society we make a bond that helps us in the future also. Individual good happiness so we always truy to do good and happiness. So we always truy to do good to others. So, we can tell that own society make the strong roots among us.

varies of my like

the like you want to live your values are thing that you believe are improtant in the way you live and work they (should) determine your Priorities and deep down they re probably the measures you used to ten it your like to represent our personal quiding principles or like goals, quiding our behavior in an as peets of value to guide our deliets attitudes and behaviors.

Positivity of concentration

wman beigs with respect your proparaly all that reperset on santhing you than someoney otherwise, why would you concider it a prioring to treat our human with enough. respect regardless of their age, income for backgroun, or why would you put morre energy into making sure the least exalted among you is treat with respect than into making sure others treat you with same consider tion.

· Positivity:

or agreeing an time what it means what we do is to being energy and enthusians to our work. I thing it also means being supportive. There were many distinut situation I baled when them meant them resulted good out come. Positive in invines weepers me boursed mitirans and over and it beards me to be an their trans and over and it beards me to be an their I cam be a stay alongs positive.

· Concentration.

It is the ability to back the mind on one subject, object ortrought, and at the same time exemple from the mind every and sensations. To concent rate is to other an related thought Edean, thering exemple or not pay attention to, every or sensation.

SEC MID SEM ASSIGNMENT Topic : Values Which Shape Me

Name: MRINAL NATH

Dept.: MATHEMATICS

Sem.:- III

Reg. No. = A01-1112-113-047-2020

Gllege Roll No.: 368

Values Which Shape Me

Value is commonly regarded as an economic conception. An object is said to have value if it satisfies human want. But beside that values are also the thing that shapes the life of a human. Here I am going to tell about such three values which have shaped me, what I am today and will guide me in future.

The first value I want to tell about is "Devotion to God". It gives me the strength to take bold steps. When I find myself in times of trouble or in hour of darkness on in my melancholy, the thinking of God, chanting prayers, give me the strength to come-out of despine. Being devoted to God also teaches me to do something without the thinking of profit.

While growing up, my parents always taught me that "Honesty is the best policy" and I also believe in this moral. The value "Honesty" has a great role in shaping me. Being honest with my thoughts and words and deeds gives me the strength to always keep my head held high. Cheating is the sign of weakness and honesty is bravery. I think myself to be a brave charecter. So, honesty is the value that I follow.

Judging everything scientifically is the best was to understand the sorroundings and I try to do it at my best. The value "Scientific temper" has the equal role like the two others to give me the shape. Having a Scientific temper helps me to usurstand the cause and effect of the incidents that are gowing around me.

I hope this values will continue to shape me in future and quide me to reach the goal of being a good student, a good son of my parents, a good citizen of the country moreover a good human being.

"Values Which Shape Me"

Introduction:

According to the shlokas that written in 'Vedanta' self realization is the goal of human life. Because of this value is so important in our life. If we will follow intrinsic values in our life more, more we will reach to our goal. Value means importance or it is the standards of someone or something. Value is totally satisfaction dependent, the same thing which is valuable to me that may be valueless to others. We can divide value in two sections, one is innate value and another one is acquired value. Some value we acquired in born and some we acquired in our whole life. There are three values which have shaped me and my life.

❖ INDEPENDENT THINKING:

Independent Thinking is one type of Intrinsic cognitive value which means the ability to come up with original ideas and interpretations or to validate thinking that aligns with conventional thought. Independent thinking is having the confidence to draw on our innate intelligence and depend on our own judgement, having our own values and views to guide us, rather than some one else's.

Importance:

- **1.** It enables us to become more discerning about the things we hear, see and believe and helps us question values and assumptions.
- 2. Independent thinking also hones our personal skills on many other levels, including the building of confidence in our ability to stand up for our beliefs.
- **3.** Independent thinking skills are at the forefront of learning how to be not only a great thinker but a great leader.
- **4.** It is the ability to trust our own judgments, even if they are not in agreement with what others might say or believe.

Application in My Life:

Independent thinking gives me a great mind for thinking. It increases my observation, my thinking capacity as a science student. It also provides me a self confidence & make me responsible. It automatically generates a leadership spirit. It will give me the courage to stick with my own decisions. Being able to think independently is the highest hallmark of trust one can bestow to oneself. It makes me more practical and gives me power to observe any situation more deeply and able me to make critical decisions.

❖ SELF CONTROL:

Self Control is one type of Intrinsic Moral Value. Self control is very much necessary for regulating one's behavior. Self control is the ability of a person to control him in every situation. This value totally depends on mind control. If we can control our mind, then only we can control ourselves. This value came to our work at eleventh hour, when the last moment is coming for any work or at a very stress condition. Then we fixed our mind to do that work in time and finally we can do. So if we can control our mind self control will automatically be done.

Importance:

- 1. Anger is very harmful to us; self control can easily control it.
- 2. Self control helps to improve mind's power.
- **3.** Self control helps to increase our concentration
- **4.** If we have the ability to control ourselves, we can achieve any goal.

Application in My Life:

From my childhood I controlled myself from saying any type of rough words and still now I controlled myself from any type of word which is painful to others & I always try to keep my mind cool in stressful condition. In every morning, I always try to increase my self control power by meditation.

***** HONESTY:

Honesty is one type of Instrinsic Moral Value. "Honesty is the best policy" is a proverb of Edwin Sandys. Honesty is a component of moral character that connotes positive and virtuous attributes, such as integrity, truthfulness, and openness including clarity of conduct, along with the absence of lying, cheating, theft, etc. Honesty also involves being reliable, trustworthy, loyal, fair, and sincere.

Importance:

- **1.** Honesty cuts through deception and knifes its way through deceit and lies.
- **2.** Honesty leads to a fulfilling, free life.
- **3.** Honesty promotes openness, empowers us and enables us to develop consistency in how we present the facts.
- **4.** Honesty sharpens our perception and allows us to observe everything around us with clarity.

Application in My Life:

I always try to be honest because it charactarizes my personality & create a good impression infront of people. It always give me positive energy because I know that I stands for truth. Honesty always give me confidence to work without fear. It generates a confidence and concentration automatically for me.

Conclusion:

At the end, these three values put a great impact in my life, but it is not possible to always maintain this. So, I always try to take lessons from previous mistakes and apply it in present life. I always try to maintain these three values because these values help me to be a great thinker, responsible, trustworthy & finally it will help me to achieve my goals.

NAME- TAMONASH DEBNATH COLLEGE ROLL NUMBER- 602 REGISTRATION NUMBER- A01-1112-116-001-2020 SEMESTER-III DEPARTMENT OF MICROBIOLOGY VALUE EDUCATION ASSIGNMENT

TOPIC- 3 VALUES THAT SHAPE MY CHARACTER

Introduction-

Personal values are the most significant personal assets, the characteristics and behaviours that motivate us and guide our decisions. Defining our personal values and then living by them helps us to feel more fulfilled and to make choices that make us and the people around us happy.

There are numerous values which shape our character among which, following are the three, which I feel are required to find my purpose, increase my confidence and guide me through the most difficult situations in life.

Honesty-

Everyone of us are guite well acquainted with the proverb given by Benjamin Franklin-

"Honesty is the best policy." Honesty, in simple terms, is the truthful way of conduct in life. Over time, as I have grown up, life has taught me how immensely valuable the quality of honesty is, through various situations and dilemmas. An honest person is always known for his/her honesty just like a sun is known for its eternal light and unlimited energy. I feel that in a society, if all the people seriously practice getting honest, then the society will become an ideal society and free of all the corruptions and evils. With honesty, comes wisdom and boldness.

To be an honest person, I always try to show good behaviour, follow rules and regulations, maintain discipline, speak the truth, and be punctual. For all my problems, honesty has been the ultimate solution. It is one of the best habits which acts as a catalyst to encourage me and strengthens me enough to solve and handle any difficult situation in my life. I've learnt that before we are truthful to others, we must be honest with ourselves. According to me, honesty is one of the critical components of every human relationship. From the

relationship between parents and their children to the relationship between a teacher and his student, honesty is necessary to maintain trust in each other.

If we deny the truth ourselves, there is no way in which we can offer honesty to the world.

Cleanliness-

The proverb ''Cleanliness is next to godliness'' expresses the idea that those who are pure and wholesome are close to God. Cleanliness refers to the idea that every person must keep themselves and their home clean to be spiritually pure. When I keep myself and my surroundings neat and clean, I can purify my body and mind from evil thoughts and negativity. The goals of cleanliness are health, beauty, absence of offensive odour and to avoid the spreading of dirt and contaminants to oneself and others.

Cleanliness keeps germs and viruses away. I prefer regular cleaning to prevent the mosquitoes or germs stay in my surroundings and this helps me to be healthy. When I clean my belongings, my home and also my surroundings, it brings good and positive thoughts in my mind which slows down the occurrence of diseases. Cleanliness gives rise to a good character by keeping the soul clean and peaceful. Maintaining cleanliness is the essential part of healthy living because it is cleanliness which I think, helps to improve my personality by keeping clean externally and internally. Cleanliness changes people's perception towards me because everybody likes hygiene and hygienic people. Cleanliness improves my mood as well as provides a sense of accomplishment and satisfaction. It helps me gain a sense of control over my environment and engage my mind in a repetitive activity that can have a calming effect.

Thus it is everybody's responsibility and one should keep themselves and their surroundings clean and hygienic.

Kindness-

As quoted by Amelia Earhart, "A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."

Kindness is a quality of being generous and considerate, and doing so without expecting anything in return. It can boost feelings of confidence, being in control, happiness and optimism. Kindness also can cause the body to release endorphins into the brain which assists the body in dealing with pain.

Whenever I've been kind towards someone, besides the person towards whom I've directed my goodness, I too experience a sense of relief and joy in performing an act of kindness. Generally, I try to be kind towards everyone so that the feelings of loneliness or isolation are reduced.

My favorite act of kindness is complimenting someone, because it lights up their face and a wide smile usually spreads across their face. I feel that when someone does something truly

kind for us, not only do our emotions take over and physical expressions of happiness form, but also internally, a general sense of warmth develops from the chest, giving us a happy sensation. From taking out time for listening to someone to giving up my seat on a train or bus to someone else, I try to practise kindness in my day-to-day life. Volunteering and helping others makes me feel a sense of belonging, make new friends, and connect with communities. When I do good to someone, it helps me have a more positive outlook about my own circumstances.

Besides being kind towards others, we must always be kind towards ourselves too. I usually treat myself with something small and prioritise some time for myself so that I can relax and reflect on how I've feeling and how my day or week has been so far.

This is how the acts of kindness have the potential to make the world a happier place.

Conclusion-

Hence, these personal values are the main drivers behind my personality and actions, and I feel that for any endeavor to re-invent myself, I will have to tap into these moral principles to give myself a chance at a more fulfilling life.

Norme :- Arup Sorkar ; sem :- 3 rd .

College roll : 363 : Dept :- Mathematics

Registration no: -A01-1112-113-042-2020.

Values Which Shape Me

Values are basic and fundamental boliefs that guide or motivate attitudes or actions. They help us to determine what is important to us.

me to move from the past to the present;

[1] Morality. [Truth, Devotion to god]

Aesthetic [Creativity]

[11] Social [Service to Poor, Respect for all religions]

Moral values have helped me a lot in shaping my life. Always speaking the truth, beliving in yourself, showing devotion and respect to God. To obey their parents as God. My past and present have played a special role in my past and present society. It plays a big role in my life beautiful, keep a courageous attitude at all times. Have the confidence to do someting. This is the reason for the change in my life.

Also aesthetic values have helped ime a lot in shaping my life. My life has changed a lot from the difference between past life and present life. The way we talk in the post is very different from the way we talk now. Talk to the elders with respect, reverence. My biggest Change is growing patience. For which I come concentrate on various creative works well. As a result the work is going well, Some separate aesthetics and the philosophy of art, claiming that the former is the study of beauty and taste while the latter is the study of works of art. But aesthetics typically considers questions of beauty as well as of art.

Social values one defined as standards, which individuals and social groups employ to define personal goals. It is another value to make me my life more beautiful. It played a very special role in my life. Do any work for from the honest association at all titimes. Everyone joins hand in a good dead. Serving the poor 'Nara-Narayons' is like my own ability. These To respect all religious equally. To come forward in danger of someone. These few things have helped me a lot in building my life.

Swamiji says, "Be and Make?" I am building myself-based on this saying of swami Swamiji. Daily meditation is making my mind better. I am making life more

beautiful based on these values.

Values Which Shaped Me.

1. HONESTY

Honesty is a facet of moral culture that connotes positive and virtuous attributes such as integrity, truthfulness, straightforwardness, including straightforwardness of conduct, along with the absence of lying, cheating, theft etc. Honesty also involves being trustworthy, boyal, fair and sincere.

Honesty leads to a fulfilling, free life. It is not just about telling the truth rather it promotes openness, empowers us and enables us to develop consistency in how we original the fits in to observe everything around as with clarity.

The value - Honesty helps me to enlighten my character a presentable one. I being a student aways respecting teachers, my clammater, give attention to the environment throughwhich I'm passing through. I try to keep my commitments and stay focused on my daties and always try to surround myself with houst people.

2. STMPLICITY

Simplicity is enjoying a plain mind and intellect. Simplicity calls on instinct, intuition and insight to create empathetic thoughts and feelings. Simplicity is appreciating inner beauty and recognising the values of all actors; even the poorest and worse of. It is the precursor to sustainable development.

In a world crowded with experiences, simplicity provides the most important value, which is time salving By obtaining all this information, we can exe ate simples experience. Showing unstomers are early way to get a certain service of product is all about making their own choice. Simplicity moral value helps me to shop for

quality over quantity. It teaches me econoling how to dee my resources wisely, keeping tuture generations in mind. With the help of it 9 am becoming more open to change, uncertainty, and new ways of improving my life and the lives around mine.

3. SELF RESPECT

Self respect is defined as holding myself in esteem and believing that I am good and worthy of being beated well. Having self-respect helps others to see and breat you with dignity and worth. Having self-respect often means that I need to stoned by my character and be willing to defend my values and actions.

A heltily level of self respect enables me to have the confidence to set firm bound wries. It means knowing what I stored for and what my values are, and being acceptable of both my strengths and weakness. It is an immer quality that each individual must take time to develop.

influence to increase celf respect. I maintain the key sentence — Love myself enormously / enderly" knowing my worth, I would like to stary active and always follow my heart and dreams.

Values which Shape Me

realises shape an integral part of a person's life. It is influenced a lot by the belief environment, background, outline and experience with which the person had been brought up. Framily, teacher, friends, society and the type of environment defined the values and your nature and their impact on your life.

In a very similar way, I too believe that there are three certain values which had shaped me and my life till now and would continue to even shape my life in the upcoming days.

Firstly, optimism, the power of immense positivity which had helped me till now in life is really commendable. So, where does so much of optimism come from. I believe from I no places, the faith in yourself, your 'alman' and also from a deep devotion and attachment towards the almighty, supreme God. I believe in good things happening out of nowhere; and the faith in hod and my self parced my way to a brighter outcomes.

The next; value which had helped me is perseverence, this cognitive value had been my power for a long time now and somehow has a deep connection to my first value of optimism. I believe with perseverence you have

a chance to better yourself each day and indeale your overall efficiency as a seme human being; as sticking to just one goal and one passions to swownding that is very vital in life.

Last but not the least; simplicity; yes it is simple but sophisticated one. I believe it can even make you extraordinary, Simplicity is your very core and innate root, and I had always treat people in a generous way no matter what. It leads us to celebrate every small moments of life and most importantly teached as to value life. Simplifying life is very important to enjoy it.

So; values are what provides us contentment goy, happiness; wildow and a sense of immense blill in life.

- Apratim Sarkare B.Sc. Physics (Honours) College Roll-174 III ad Semester Three values that shaped me and will continue to shape me towards my ambition

Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a human desire. Say, food has value because it satisfies hunger, shetter has value because it saves us from weather and wild animals. But the definition is not deep enough, it must go beyond organic method of satisfaction of desire to reach the concept what is intrinsically valuable.

Here, I would like to share three values of my life that have helped me throughout these years and I hope will continue to shape me in the near fucture.

Devotion: Unfortunately this has been the way of the humanity, when they feel helpless they bow down, when they feel little bowerful they step on your head. Devotion means just that, our way of being is not determined by anything or anybody. If we genuinely bow down to everything, then there will be no such thing as "I" left. Devotion has given me the solidity to bursue my journey.

Pursuit of art: Recently I have started learning the Indian bomboo flute. I have started is as a compulsion but now it has became a habit. It has changed me in many ways. Whenever I used to play flute or just listen to the classical music it felt so real that I enperience blinfulness within myself. Pursuing this art has made me a lot colour and conscious. Additionally it has given me confidence to represent myself in port of others. I would like to continue this art throughout the very end.

Work in group: Working in group can break complex tacks into simple parts. It has helped me manage things in a more confined way. My communication shills are improving. Also when we work in group there are continous ideas flowing through my mind. It also challenges me as everybody is working hard so I also have to give my best.

Because man is a rational being, the quest for beauty, goodness and touth is never-ending. It is adentically in pursuit of values which he regards with a high degree of empositance in so Jose as they influence his thinking, from his altitudes, shapes his principles and philosophical orientiting to qualify his decision. Values agre Jurdamental & imported to an individual's existence from in effect, they define what is designable and meaningful to him as social being.

Self Study - Self study allows me to take learning at my our pace, focusing on areas they agre most interested in. This helps reducing reclings of fourtrotton, consisty, on borredom. Self learning gives me the ability to identify problems and quickly look for effective sollutions on my own whatever the case, challenges and obstacles donot kill my doine to get things done, instead, it perovide me with new appointmities to become something new out my own pace & time. Benefits of sult study -

1. Learning without any constraints

2 It has consisted a sense of nesponsibility.

3. It has boosted my confidence and given the ability to make decissions and solve problems.

· Work in a Gooup One of the benefits of wonking in a group is it helps students produce the best gresults. By woonking together 3 am able to achieve more as compared to when I am doing the work individually. Now that more heads are Joined together, the urderk gets done in a stooker amount of time. It allow us to incorporate the insights and parapadiscs at others into my our pool of resources. Some benefits of group work - 09 am exposed to a variety of peorspectives @ It has improved my rocabulary. (11) I have bearned to teach (iv) I have bearned to manage personalities,

Resilience

Resilience is a dosadesistic that is especially impositant in our generation, We live in a generation that projectives instant gratification.

Resilience is a sign of wisdom because I have understood that even it things don't go in my way sight here and row, those will be other ways. Oppostunities will asise. keep fighting; change my approach tallack again. It has tought me not to give up immediately because something didn't wank out the print time. It has. Boost my self confidence through greater competence, and helps me in sinding meaning & purpose in what I do. Now, I have the ability to bounce back and reforms after failure. Resilience is ordinary magic - all of us have the power within to bounce back from future.

Value that Shape me

- Introduction: "A person's mindset is contined in only reading books, eating and doing daily works" the is the most illogical thinking as there are some tew assets of own lefe. What is important is the value and ethics which determine the quality of one's life.
 - Values that shape me: Among tew values,

 here are 3 most important

 values in my lete that expected my letettyle

 and personality.
 - o) Self-study & When I was a kid, I always
 though self-study is nothing
 but study my texbooks on my own. As my
 noive mindset grew older, I came to understant

the greater meaning behind the word 'self-study'. To observe the world around me and barm from it is what we call a proper self-study. Every person maker mustake in his life, so did i many times till now. But to learn toom my mustakes and not to repeat itself inost the biggest assets of self-study. Through self-study, ei can train thing body, mind nerves and even knotions, to be a great person in the perspective of the population around me.

John people to people. But in my case, cleanbruin is simply arranging my somewhat is proper and mannerly way. For example,

. After waking up at morning i arrange my bed Sheet and books properly dress-up neatly and suce the soon everyday . before sitting to Study. The gives no a enormous amount of Datestrospuent in wil way, opril gaves well whole day in happy & cheerful way. That Soud, if is i am clear, my sorviounding will be clean and my mind will be clean. As a result my day will also be neat and clean.

e) Punctuality: To be precise. Punctuality bosically means being respectful to others while being polite. For example.

When i go to outside fore either tuition one any important work i pay respect to god and my parents. In that was i

gain confidence, which draves my day and work successful. Paying nespect to my elders is a dusty to me. And the blenings i right donor thom, cheers me up. Not to engage with people in unnecessary quarrels and staying desciplined in every steps in my ble. Is what i do every day and will continue to do there.

Conclusion: In this vast population. everyone has his/her different value, so n in case of me. I believe that the value which structured and nowehold inside me for our my Child hood, shaped what i am today. And i finding believe these values will lead me to the total of spiruhabra.



Ramakrishna Mission Vivekananda Centenary College,Rahara



Name - HRITHIK BISWAS

College Roll Number - 132

Department - Physics

Registration No - A01-1152-111-021-2020

Semester - III

- 8 Values Which Shape Me 8-

INTRODUCTION: People go to schools, colleges and universities to get knowledge, appears in exams, get a Job, and settle in life. With this, they can have everything they desire in life and buy all material things. However that is not the end or luxury of life. It is Just a medium of living. Our life is enriched by the values we learn, Possess and impart.

A pich person with low values is not respected in society than a poor man with mich values. Good values make one person down to earth. Here are three different values that I like to follow and this values have shaped me who I am today.

SELF RESPECT: Self respect means having confidence in yourself and behaving with grace, honor and dignity. We confront ourselves with negative energy and discouraging thoughts about ourselves. However it is highly valuable to keep in mind that you are the most important person in your life. Respecting yourself is a highly crucial step to gain more confidence, strength and self love. I think respecting myself is not only means valuing myself but also making the right decisions in the hard chapters of life.

According to Clint Eastwood - 66 Respect your efforts, respect your self. Self respect leads to self decipling. when you have both fimly under your belf, that's real power."

SELFLESSNESS: Selflessness is the practice of not putting yourself first and willing to help other without expecting any reward. Although it is a very different thing to do, I think it is the most important value that everyone should follow. A

self centered narrow mind always bring violence, bitter relationship with each other. A random act of kindness can change the world for a person. It can heal the deepest of grief for someone. If we see someone needs our help and we are capable to help, then the best thing is to help him. If we imagine what our situation would have been if we were the person then helping him becomes easy. Selfless ness is one of the most important values that I use to follow to improve relations with my parents, teachers, friends and others.

CLENLINESS: cleanliness is the practice of being clean or being kept clean. Cleanliness is next to Godliness. It is one of the most important value that helps to keep both physical and mental health healthy. clean environment helps to calm our mind down, it helps to maintain a proper hydiene and it also increase the aesthetic value of environment as well. So I always try to keep myself and my room clean, that gives me more energy and vigour and concentration. So, I think cleanliness is one of the values that helps a lot to shape me.

conclusion: In the end I can say, note of values in my life cannot be penned down in a nutshell. Values help me in every step of life to build my characters. It teach me every moment to use all the potential and energy within me and to keep calm in the hard time. I am sure that these values I use to follow will definitely bring success in my life.

Values that shape me

i) Self study-

- · Sel & study helps me to prepare & understand the concepts properly related to ones course of study.
- · It makes a me more confident and increares self-belief.
- · A different essence of satisfaction is felt by Ml when I amable to understand concepts of studies by self-studying.
- · It helps me to prepare my syllabus and to mointanance with class teaching.

ii) cleanliness—

- · It helps me to remain clean both in body and soul.
- · I should definitely dean my surrounding & clothes to remain disease free.
- · A clean environment also helps . me to thing positively and gives mental satisfaction.
- ged helps me to find any necessary items quick

iii) SEIZ control -

- · I should definitely have sell control as it helps in proper thinking and analyzing any situation.
- · It restrict me from hurling others either physically or verbally.
- · clean analyzing of situations can have bru
 iten effects in reacting to a situation in a
 proper & rightful way.

Values that Shape me

DSelf study :>

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- · Clear analyzing of situations can have fruitful effects in reacting to a situation in a proper end rightful way.

iii) Cleanliness:

- · It helps me to remain clean both in body and soul.

 · I should definitely clean my surrounding and clothes to remain disease free.
- · A clean environment also helps me to think positively and gives mental satisfaction.
- · Keeping my room clean and my looks arranged helps me to find any necessary items quickly.

TOPIC: VALUES WHICH HAVE SHAPED ME

Values form the foundation of our life. They dictate the choices we make and determine the direction that our life takes. Our values will influence our decisions related to our relationships, career, and other activities we engage in. It decides which is good or bad in our life.

The three values which have shaped me what I am today and will continue to shape me towards the goal of my life are stated below-

1. INDEPENDENT THINKING:

Independent thinking is having the confidence to draw on my own innate intelligence and depend on my own judgement, having my own views and values to guide me rather than someone else's. This independent thinking develops the ability to think critically, analytically, logically, reflectively, historically etc. For example, one might think about Socrates , but was he really independent? He was always engaged in discourse with others in the streets of Athens. He showed his abilities as an independent thinker by questioning just about everything deeply.

2. STRENGTH:

Strength means the quality that allows someone to deal with problems in a determined and effective way. Strength is associated with a better quality of my life, improved performance in carrying out day to day function tasks. Strength helps me mentally and physically help to do all work in a day. It keeps muscles, bones and joints strong, enabling you to move around better and reduce the risk of osteoporosis. Each and every one of us has unique skills and talents that no one else can do and yet only a few have uncovered our unique strength.

3. SELF-STUDY:

The study of something by oneself. Self-Study is the one of the good way to study myself. It helps me in many examination to get good score. In higher education some argue that it is especially important for me to be assigned projects and material suitable for self learning so that I may exercise and develop intellectual independence and explore subject matter they personally find interesting.

I do believe from the core of my heart that at least these moral values will ever alive in my inner entity and I will retain them to fulfil my mission of my life and to be a perfect gentleman with high ideals of life having a high sense of moral and ethical values to defeat the monster of greed and avarice in me, if any.

TOPIC: VALUES WHICH HAVE SHAPED ME

Values are basic and fundamental believes that guide or motivate attitudes or actions by determining the conceptions of what is considered as good, desirable and proper or bad, undesirable and improper in life.

The three values which have shaped me what I am today and will continue to shape me towards the goal of my life are described below-

1. HONESTY:

I have carried myself with a candidness and I would like to believe genuineness which demonstrate a reflection of my thoughts. At times, I have been candid to a fault. But overall, I live with zero regrets. I believe candidness, openness and honesty has benefited me more than any other qualities in how I comport myself. In few situations in my life I had to bear with some difficulties in this society but I do not leave the principle of honesty because I would know well that it will gift me respect, success and smooth life in future. As a result I get more respects in many fields of my life. I must continue it in future to reach in my goal in an honorable way.

2. **CONCENTRATION**:

Concentration implies, firstly, an ability to realize one's mental and emotional energies from all other interests and involvements and secondly, an ability to focus them on a single object or state of awareness. In my life sometimes I have completed many hard activities with the help of concentration, which I thought that it was impossible to overcome that tasks. But concentration really helps me to get success in many steps of my life. So, I have got many success in my life and hope that I will get such in future to reach in my goal.

3. PATIENCE:

We all have to keep in mind that patience is the key to success. In many steps of my life I feel the need of patience well. There come many obstacles hurdles and problems on the way of my life. But all time I keep patience for what I can avoid many troubles in my life from childhood to my present life. I believe that I can continue this in future and it will help me to reach in my goal smoothly.

A Ramakrishna Mission Vivekananda centerary college Name -> Souhandya Malik 1 B. Sc PHYSICS SEW → III IN ROLL NO. -> 116 12 Reg No. -> A01-1112-111-011-2020

Values Which Shupe me

Introduction: - values are the bosic priciples that guide the path and relationships in life. It helps a person to behave with good notives and thoughts that do not harm others.

The main three values which have Shuped me what I am today are or tollows.

- 1) Truth! from my Childhood my parents used to say that a lians cana think ful man gets no team from any body but a lians cannot say openly that he stelling a lie. In my school I never
 used to he to avoid mistakes, this practice of telling of
 truth has added some value to my personality.
- Responsibility: Responsibility is important become it provides a sense of purpose. A strong sense of responsibility affects how a judividual carry out life and how one molies on effort and indestabling toachieve all desires in life. It always tries to be a Responsible student and take mesponsibilities form my thoughts, feelings, words and actions.

 3) Howesty: Howesty is the foundation for trust in a melationship, and trust when you are always houst with someone, it tells them that they can trust you and the things of our say. I always them see my best to be houst so that beach believe my promises and commitments.

- : Condusion: -

Thus to be come a competent, masponsible human, it is assential to keep monal values or a top priority. It not only molds one's representity but also makes one better cificen of the society.

The value which shape me

Value comes from the Latin word "velere" which means quality price importance of a thing or idea.

Value reflect our sence of right and wrong. They telp us creat the future we want. The decisions we make every day are a reflection of our values we want every day are a reflection of our values and extended families. Our family values stem from our social and cultural values. Some times new life experiences may change value we previously held.

Individual values reflect how we live ourselife and what we considers important for ourselude own self-interests. Individual values include enthusiasm, creativity, humility and personal fulfillment.

Relationship values reflect how we relate to other people in ourse life, snew as family, triends, teachers, managers etc. Relationship values include openness trust, generosity and ering.

Social value reflect how we relate to the Sociaty. Social value include justice, freedom respect, community and responsibility.

In today's world, it may seem our seeity does not practices may values.

we have a rise discrimination, abuse of power, greed, etc. what are we leaving behind for our future generations? Maybe it's time society takes a hard look at its

Here I write three volues which have shaped me what I am today and will continue to shape me towards the goal of my life.

These values are: -

Respect: Mutual respect is needed for all of us. This is what makes us human. Having respect for everyone, despite the Having respect for everyone, despite the difference between us, is vital in order difference between us, is vital in order this for a society to functional well. This wells are society to functional well. This welps me to strength my core values such welps me to strength my core values such as thelping to needy, leading an ethical life.

Love: Having love in our hearts keeps us from feeling the need to havem others. Love helps we reknowledge the similartice we all Share rether than the difference of the colour, religion or sexual orientation. Honesty: One form of honesty in Society in accepting myself. with honesty I can admit myself flows and take the necessary esteps to improve myself. when we can admit to our flaws it can -help someone else admit theirs. Ultimately I we can help each other become better

them, many starralso. Hopefully more practice from all of wis will leave the work a better place.

VALUES WHICH SHAPE ME

Souvik Chakraborty

Department of Zoology (Post Graduate)

Semester III

Roll No: 08

Values are basic and fundamental beliefs that guide or motivate attitudes or actions. They help us to determine what is important to us. Values describe the personal qualities we choose to embody to guide our actions; the sort of person we want to be; the manner in which we treat ourselves and others, and our interaction with the world around us. Personal values are the things that are important to anybody, the characteristics and behaviors that motivate us and guide our decisions. It changes time to time, places to places. But in human life there are certain values which do not change over time, rather eternal. This applies both to day-to-day decisions and to larger life choices. Values in a narrow sense is that which is good, desirable, or worthwhile. Values are the motive behind purposeful action. They are the ends to which we act and come in many forms. Values are essential to ethics. Ethics is concerned with human actions, and the choice of those actions. It determines which values should be pursued, and which shouldn't.

Like many others I also hold some values, which shapes my character i.e., what I am today and also, they shape the future path of my life to achieve the highest goal. In the following section I have discussed about the values which I consider as most important in my life.

Fearlessness: Fear is the something that opposes growth. The consequence of underlying fear is visible in people's emotional conflicts, especially concerning their careers, relationships and personal values. Fear creates all inhibitions. And every fear is essentially a fear of death.

In my life I consider fearlessness as one of the topmost values. I try to think and analyze every cause of fear logically then think to overcome it with the least possible effort. This practice is somehow helpful to override the fear of failure in my life. Fearlessness gives me confidence. I think fearlessness of death also help me to be awaken in spiritual way to do self realization. And the self realization of myself as a soul in the entire cosmos like many others is the one and only ultimate goal of human life.

Appreciation of nature: Aesthetics of nature is a sub-field of philosophical ethics, and refers to the study of natural objects from their aesthetical perspective. Nature has its own means of balance. There are five basic components in nature - earth, water, fire, air and space. And these all five components are present in every living and non-living object in nature. Hundreds of millions of species, all are from those five basic components, will be enriching the natural reservoir after their death - this signifies the great cycle mother nature. We can't even imagine how many individual values natures teach us every day. We can just observe and imitate them in our life. As a human being we are not different from those millions of species, but the aesthetic sense in us that is lacked in most of the species of mother nature makes us a true human.

That's why appreciation of nature with aesthetic sense seems to be one of the most important value for me.

Patriotism: Patriotism or national pride is the feeling of love, devotion, and sense of attachment to a homeland or the country and alliance with other citizens who share the same sentiment to create a feeling of oneness among the people. This virtue pushes to citizens of a country to work for their country selflessly and make it better.

The love for motherland is considered as one the topmost values for me. For me being an Indian is not a citizenship of a piece of land. It is my identity which I have owned luckily by birth. The land of oldest civilization which showed the light of wisdom to the entire world, land of dharma which teaches everyone the greatest virtues of human life, land of thousands of living species which are endemic to India, a place where innumerable number of ethnic classes coexist with each other but still they identify themselves as descendants of one ancient civilization - that is India.

Feeling something for India, identify myself to be part of Indian society is probably the most important value in my life. Whatever I do in my life it would be for the betterment of my country and the countrymen. All success and achievement in my life would be considered an extra feather in the crown of my country. And needless to say, such way of thinking about the nation and patriotism shapes the future way of my life.

Topic: "Values which shape me." write on three values which have shapped you what you are today and will continue to shape you towards the goal of your life.

I am subrato konmakar, moon student of PG, mathematics uhinh Now I am writting "the topic "values which shape me! spinitual value: spirituality helps in growing my behaviour Physical and montal health dand also helps to imprave tolerance and patience. It removes the fear of death and other insecuvities and really to face failure and consequences in life. It tend to be disciplined, respect parents, teachers and also believe in god. I live and speak my truth, choosing not to fear criticism or judgement. I tend to my spiritual needs and concerns as part of my daily soll-care. Monal and cognitive value: I do whats needs to be done, even when fear comes along for the vide. I treat others as I want to be treated - with thoughfulness, patience and vespect. In the morning, throughout the day and in the evening I in my life and I make sure everyone who has done something good for me for knows & I appreciate them for it. I forgive those who have hunt me because I know I've made mistakes and hunt people too and I want to be free of this anger and refremment. I choose freedom and I choose to genuinely want the good of those who one hund me. Everyday I'm growing move into the person I want to be I listen to others with my full attention, so I can learn from them and show thoughtful consideration for their ideas my aim is not to become an expant but 1 to always be learning. I welcome new experiences, new ideas and new people. I show self verped in

my commitment to daily solf-care and solfmy c. value: During this covid situations me and my friends are donating mark amounced covid restrictions to increase social awareness. Every and we are organised tree plantation programme and own slogan is "Go GREEN" and 'PLANT A TREE, SAVE A LIFE". WE are giving books to the some Poor bright students and give them free tutions on to weart, now I feel and what I do. I value all the members of my community whats ever their beliefs or backgrowands. I treat all living being with same respect with which I like to be treated. I take responsibility for my own words, actions These are the three values which shaped me whats I'm today and will continue to shape me towards the goal of my life.

The values that snape All things that satisfies human desires are good or have value. et is generally recognized that there is a relation between sottaction of desire brings founess to life. Value in this sense a survival 2001. It is such busice took that shapes or adjust us to live in a nealty society. It is the most important thing that differciates us trom a beast. As so as a human being I cetainly nove some values which creates my one bersonaliff. Wrooms At I have to say apout there values that snape one the first should be nonesty. Honesty is the best policity. pecarsé éver a riar does NOT MONF FO HEAR LIFS LLOW OFUER. @coordingsockerscoperates priced. so the guestion aries - why do we lie! It is only personary tog to be in most of the times, because. if we tak to be honest in the most trivial cases in our doil8 rines, 45 can paiso sul courage to be nonest in most dire states too.

A homor can not pe called a howard peing it one woed mot have any acisthetic values. It is a value that pearefilies one rite ou peids torress 50 mes rite. Artistic tatent like sinding, graming, garcing 20 F O218 Prooged o personality but also keeps ones serious peacetors in the FUE issifation onigh comes those the dition ties of rite & of FEW FRA FO sing different types of SONDS in the office dusk, sitting on a chair at nesquido. Fi seral 2007 pe source of a siviler intro pax sense of 908. if peruls sub à rantoideforce LOSELY there ore social volves like sympathy towards others, man is a social being. Je we only think of ourselves then the society will fall a part. & can not say that 3 do souch to help the society DUET & con son that of touto worke the people around as a Little happy. A good man is appriciated by others. so 9 Fee 8 FO GO FO OR seitech 089 con. 30 4 con ours sas 4 nowor peing apiding ps these a Name-RAJIT KUMAR PAL BOTANY, P.G., SEM-3 Roll No. - 03

Values that shape me

Simplicity_

- · Simplicity helps me to be open-minded and as a result can interact and connect with others properly.
- It keeps me away from olebst and diseases and helps me to lead a healthy life.
- It helps me to stay close to the nature and affiniciate the beauty of juster of nature.
- . It helps me to lead a peaceful life.

Self-study

- Self study helps one to prepare and understand the concepts properly related to one's course of study.
- It makes a person more confident and increases self-belief.
- "A different essence of statisfaction is felt by one when one is able to understand concepts of studies by self-studying.

· It helps me to prepare my syllabus and to maintain pace with class teachings.

Self control

· One should definitely have self control as it helps in proper thinking and analyzing any situation. It restricts one from hurting others either physically or verbally.

· Clear analyzing of situations can have fruitful effects in reacting to a situation in a proper and rightful way.

Mathematics - PG 3rd Sem - College Roll No.: 23 Registration No.: A01 - 1112 - 213 - 021 - 2020

Value Education Assignment Values Which Shape Me

Introduction:

Personal values are the qualities and behaviours that motivate us and help us make decisions. My values shape me the way I act, react, respond, and deal with life's challenges. They can help me decide my priorities, and they're the indicators I use to see if my life is goint the way I want it to. That is why my personal ideals are so important to me.

My values provide me joy, pride, fulfilment and contentment. Thuth, honesty, creativity, perfection and justice are the top qualities that I wish to explore when it comes to what values shape me.

How 'Truth' Shapes Me:

A lie is not unchangeable, however the truth is. I cherish truth for this reason: it provides me with a foundation on which I can act. Lies are slick and leave us with no foothold in life. Accepting and giving a response based on truth is a requirement of my own sense of integrity. It makes me delighted to share the truth. Telling a falsehood necessitates other lies in order to conceal the truth, and it can be harmful to others. Also, my image in the eyes of others may be tarnished.

How Honesty Shapes Me:

Fairness and straightforwardness of behavious, as well as devotion to the facts can be used to define honesty. What we say and what we do both reveal our honesty. It has an affect on all aspects of our lives, including our work, relationships, self-esteem, and the behaviours we conduct. It has the potential to propel us ahead and make us feel good about what we do. We all know what the correct thing to do is in our hearts. However, peer pressure or taking the easy way out can temt us to do the wrong thing at times. But I make an effort to be open and honest about what I observe and how I feel. It aids in the making of key life decisions.

How Creativity Shapes Me:

We feel as if the world and everything in it is vibrantly alive we are being creative. Human beings are inherently creative; we create novel methods to navigate life from the moment we are born. Because they see barriers not just as hurdles but also as possibilities, the most inventive people find ways past them. Creativity broadens our persepectives, which leads to fresh problem-solving approaches. It is important to my mental-health and well-being to be creative since it can promote positive emotion, minimise depressive symptoms, reduce stress, and decrease anxiety.

How Perfection Shapes Me:

Being a perfectionist entails high work standard and efficiency. Organizing is a strong suit of strong suit of perfectionists. In every part of my life, I strive for perfection. Giving 100% of what I've got into anything I do makes me happy. I've not as if I've a distorted perception of my own shortcomings. As a student, you must strive for excellent grades. Not merely grades, but a complete grasp of the subject is something I place a high importance on. My entire motivation is boosted by my desire of perfection. In addition, I make every effort to be the best version of myself.

How Justice Shapes Me:

A sense of justice is a collection of beliefs and sentiments regarding what is wright and wrong, as well as what people deserve and owe others. Social justice is a movement aimed at improving people's lives. Persistence, browers, and knowing and doing what's right are all required in the struggle for social Justice. All lives have equal value, equal oppertunity, and equal prospects for success in a just society. That is why I make every effort to combat social injustice.

Conclusion

When our values are tested, we typically begin to recognise them. Understanding my values is a crucial exercise since they are at the heart of who I am and who I aspire to be. The appertunity to live in accordance with my own ideals gives me personal significance and allows me to live a fulfilling life. Values are a what's helpful' in living a meaningful life, rather than a better-or-worse topic.

RAMKRISHNA MISSION VIVEKANANDA CENTINARY COLLEGE, RAHARA

Soft Skill :- III - Value of Education Assignment
Topic:- Value Which Shape Me

DEPARTMENT: - BOTANY (PG)

Semester:- III

Reg. No. :- A01-1112-214-026-2020

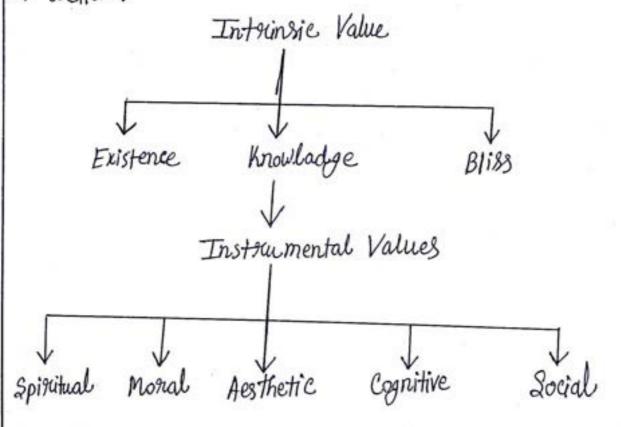
College Roll :- 29

Date :- 11.12.21

Value Which Shape me

• Introduction: — Value is commonly regarded as an economic Conception. An object is said to have value, if it satisfies a human want ordesire. All things that satisfy hunger. Shelter is good because it saves us from inclement weather and wild animals. But this defination does not go deep enough.

Value define as the degree of importance of Some things on action with aim of determining what action are best to do on what way is best to live on to defined as board preferences Containing appropriate cause of action.



Honesty: Honesty refers to truthfulness and high morals of a person. An honesty can be trusted under any circumstance. Benjamin Franklin had once famously given the prover b-"Honesty is the best Policy". Honesty gives man the strength to face the world indifficult times and one of the pre requisites for financial and social growth of an individual. An honest person is always regarded as role model in the Society. It can get us what we want. It requires a desision to purpose it and same action steps to get it started. But once it begins to gain mai in my life and I begun to readize many benefits, honesty will because my life easier and easier.

· Clean Liness: - The term "Clean lines" me and the absence of dirty, garbage, bad somell, Stains dust etc.

It is the main indicator of Civilized life. Furity and cleanliness are also hailed by all religions as the essence of spiritual life. Eve syone realize that most and the India places look unpleasant and unclean toour eyes. Also, the littered garbage, overflowing sewerage and defaced walls can sesults in the spread of disasses. In such a case to and avoid this the native should keep same efforts, fowods main taining, cleaing their homes. Work places as well as surrounding, Aclean

and hydrenic envisionment makes ful filling life and happy sall. Therefore, we should try to adapt a lifesty le and clean own sworounding so that their will be no have to nature and the other living being.

· Simplicity: - Alife of simplicity can be defined as a life that has removed all of the non-essentials it 13 maked by arnees, It is nucamplicated. As a gresult, it is freeing, it allows owr liver to be faused on the things that are most impositant focused on the things that are must impositant to us. Simplicity is life carnot be achived witho--ut honesty. Consider the fact that every times we are not + twith ful. We oceat an alternate - heality And Bubsequently We are forced to live in both worlds. The truth one and the one me have excated on the other hand, When we choose honoesty in all acpects of life including own marriage, own biomess and relatative life including own pragage, own bis Hmasty leads to simplicity but dishonestry leads to duplicity the exact opposite.

RAMKRISHNA MISSION VIVEKANANDA CENTINARY COLLEGE, RAHARA

Soft Skill :- III - Value of Education Assignment
Topic:- Value Which Shape Me

DEPARTMENT: - BOTANY (PG)

Semester:- III

Reg. No. :- A01-1112-214-027-2020

College Roll: -30

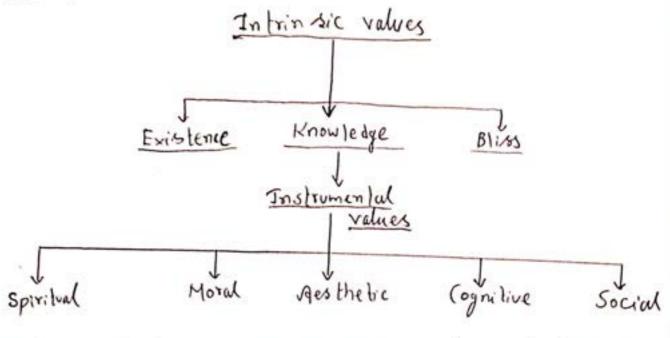
Date :- 11.12.21

Values which shape me

Introduction :-

Value is commonly regarded as an economic conception. An object is said to have value, it it satilies a human want or desire. All things that salisby human desires are good or have value. Food is good, it has volue because it satisf satisfies hunger, Shelter is good because it saves as from indement weather and wild animals. But this definition does not go deep enough-It is generally recognized that there is relation between the satisfication of desire and the preser--vation and furtherance of life-Value in this sense is essentially survival value. It is adjustment to the environment. But such a conception of value is still inadequate in complex human civilization. Men's wants today are much more complex and numerous and goal of like is much more comprehensive. Man is not a more animal or a bundle of desires. Man is not only a body-mind complex but a purson, a Self, a spirit.

So what satisfies his personality or contributes to his self-realization is altimately valuable to him. His wants and desires must be valued themselves in terms of their relation to his fulfill ment in self realization. Man must go beyond organic method of salis fuction or desire to reach the concept of what is intrinsically to reach the concept of what is intrinsically valuable. There are absolute or intrinsic values valuable. There are absolute or intrinsic values cherised by all persons beyond all differences cherised by all persons beyond all differences due to time and place.



In such, there are numerous values which helped me to greatly shape my like. Few values which about which I want to dis cuss are given next:-

· Honesty: - A major component for developing moral character is Honesty. Honesty helps in developing good attributes like kindness, discliptine, truthfulness, moral integrity and more.

"Honesty is the first chapter in the

book of wisdom."

An honest person is always known for his /her honesty just lipe a sun is known for its eternal light and unlimited energy. It is quality which helps a person to succeed in like and get much respect. It gives identification to the moral character of a person.

For all human problems, Honesty is the ultimate solution. Corruption and various problems are everywhere in society. It is because of the decreasing number of honest people. In today's fast and competitive world, we have forgotten about moral and integral ethics. It is very important and necessary for us to rethink and remodel, that we bring the honesty back in society so that everything goes in a natural manner.

· Clearliness - The term "clean liness" means the absence of dirt, garbage, bad smell, stains, dust etc. Everyone has to realize that most and of the Indian places look a unpleasant and unclean to our eyes. Also, the littered garbage, overflowing seawage and dehaced walls can results in the spread of discuseses. In ark a case to avoid this the native should keep some efforts towards maintaining cleaning in their homes. Work places as well as surrounding - A clean and hygenic environment makes fullilling like and happy selfs. Therefore we should by to adust a libestyle and clean our surrounding so that their will be no harm to nature and other Miving being.

Simplicity: - that The word simplicity perlains to being simple and easy, yet simplicity is such a complicated thing to find contentment in. When so you practice simplicity, you find peace, joy and contentment in the little things. Simplicity is slowing down and recognizing the beaks beauty in our sorroundings. Simplicity is less heater and shallow. When we understand simplicity, you and shallow. When we understand simplicity, you

we begin to have an appreciation for things we may not have noticed in the part. The little things in like become the big things because they create some of the biggest joys. So, simpli--city makes one's like joyous and greatly lessen their depression. If we enjoy and hed happy with our surrounds, it will encourage us to stay motivated and move ahead in like. While many changes work from the inside out, simplicity has a powerful way of working from the outside in. It provides the apportunity to remove the layers and connect with what is most important. Simplicity will make you more open- minded.

Sometimes, the only way to figure out what is really important is get rid of every bling that isn't."

Topic: Values Which Shape Me

Name: Sowraw Bhattacharyya.

Sem: 3

Department: Chemistry College Roll NO - 267

VALUES WHICH SHAPE ME

Values mean the principles that help us to decide What is right or wrong and how to act in vorious situation. Values one basic and fundamental beliefs that guide or motivate attitudes or actions. They help us to determine what is important to us. Values in a narrow sense is that which is good, desivable or worthwhile. A man without values is Just like a ship without a radder. In the modern age value education is very very essential and Important for the pupils who are the markers of the ideal world. The

There are so many values. But the values that anchored a deep-rooted impact on me and that moulded my life towards the goal are—

(i) Devotion to God:

(ii) Honesty and Touthfulness

(iii) Work in Group.

Devotion to God: I was born and bred up in a spiritual Brahmin family where every religious regular activities were Performed in a routine way. Since my childhood a belief (Value) was engrafted within me that there is Someone who Controls within me that there is Someone is God-the almithis universe and that 'Someone' is God-the almithis and a student of Kamarpukin As I resided nearesto Kamarpukin and a student of Kamarpukin Lord Ramakrishna Dev) and a student of Kamarpukin Ramakrishna Prission pullipurpose School, this kalue Ramakrishna Prission practised regular prayes was added to me I also practised regular prayes (Sandhya Anhik) and meditation that gave me

Strength and it is my belief that in this way my personal ambitions, wants and desires must be fulfilled so, "Devotion to God is a must and the most impostant trait that Shapes my life!"

Honesty and Touthfulness: Both the words are complement to each other. Honesty is the Simplest
thing that develops a practice of speaking the Touththrough out the life. I inherite this value from
my family members and mostly from my parents.
Honesty strengthers and improves a belief that
any odds, evils and errors Cannof be happendit
you are honest and Truthful. As a student of
R. K. Mission Kamarpykkir, Reversed Headmaster
Maharaj. Yadaveshanandaji repeatedly stressed and
told us that it is the most important and useful
thing, so this moral value has a deep rooted
impact on me

Work in Group: Man is a social being. Living together and working in a group is his innate quality. As. 9 am a Joint family member, 9 have been possessing this quality and attaining this value since my childhood. I also remember this all accept phrase. "- United we stand, divided we fall." This working in a group increases so many Good qualities like understanding. Fellow-feelings perse perseverance, patience, love and respect to all. etc. This values has a profound impact on me. So, this is one of the most important values which have shaped me to what 9 am today and helps me to reach ony goal.

Acknowledgement: This assignment hops me to highlight and reevaluate the values which 9 howe been cherishing since my childhood. I also feel once again the importance of these values twoongh this assignment. I get this chance as a fortunate student of Ramakrishna Prission vivekananda Centenary college. Rahara. Thanks to Reversed Principal Maharaj. Swami kamalasthanandaji and sto Reversed swami vedanwaganandaji Maharaj, for their guidance and giving ws an opportunity to a pen this wonderful and the precious topic c values which shape me". I would like to extend my heartiest gratitude and offer pronams to the Reversed swamijis without whom the work would have remained incomplete.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARI

COLLEGE

(An Automomous college under W.B.S.U)

- · Name: Amit Basak
- · Dept.: Mathemetics (Homs.)
- · Sem! 1
- · college Roll NO: 307
- · Reg. NO: A01-1112-113-003-2020
- . Subject: Skill Emnancement Course
- · Topic: Values which shape me

VALUES WHICH SHAPE ME

There are many kind of values in our life. value is commonly regarded as an economic state of product. But, some values are not in that catagory. These values can strungthen the body-mind complex of a human being. This kind of values are more important and necessary for us and this values can prosper us throughout our life if we can understand and assimilate this values properly.

from this type of intrinsic values, Moral values have affected me profoundly throughout my life. From my childhood, I have heard a common phrase through is the great policy. Fo, I tried to be a honest person in my life. People will rumember mothing, what we earn throughout our life but if we try to our best to be horsest and helpful to others throughout our life, everyone will remember us and our works for generations. But only being a honest person is not all. fo, I always forbade my familier persons mot to cheat or lie to others because when it come back to the person, it will be more painfull.

There is a particular kind of aesthetic value which have created a trumendous Impact in my life. From my childhood, I have sensed the eternal beauty of art as I have been learning to draw since my childhood. It is clear to me, that how anyone can express his/her feelings, respect to the natural beauty and beauty of mind through his/her artistic creations. The aesthetic aspect of us towards nature specially helps our mind to be more beautiful and respectful towards environment and society.

from all kind of social values, Respect to ruligions is promiment to me. I belong to a himsu farmily but suspecting all suligions is the keymote for me. It is clearly known to me, that hook is one and unique and clearly known to me, that hook is one and unique and I believe in that god. From the origin of civilization, the human have created the different gods and different seligions and insist their community to prey for the particular god. That's now they have created division between human, but in my opinion, being a human, humanity is the should be the only seligion for us.

Respecting people from human make other seligion is a big port and keymote of the greatest seligion thumanity.

I am completely against the war of religions, because we are all the living human being and the war against formeome like me is completely absurd. Any religion does not support this type of religious violence. It is totally a human's purson mindset, that insist the violence, so, everyone should change their mindset and judge a person by his/her behaviour and works, not by his/her religion.

This three values have created some special impact in my life and shape me to become a sentle human being-

VALUES WHICH SHAPE ME

Subham Yadav Roll: 624 Microbiology Semester: 3rd

Values are the standards by which we guide our behaviour, our attitudes, how we react to situations and treat others. Our values effect our decisions, goals and behaviour. Values shape Our decisions and our decisions shape our life.

There are some values which have shaped me and will continue to shape me towards the goal of my life. The values are as follow-

Honesty: The quality of being fair and truthful (the quality of being honest). When i am honest, i speak the truth. More broadly, i present myself in a genuine and sincere way, withouth pretense, and taking responsibility for my feelings and action. Honesty have shaped me in my studies, due to honesty i have always heard the lectures in the class and for it i always try to become sincere, loyal, in my life and it have gave me straightforwardness towards my goal. So honesty have shaped me and will continue to shape me towards the goal of my life.

<u>Devotion to God</u>: <u>Devotions are great way to get closer to god</u>. A devotion is a quiet time that we spent praying, reading god's word, and reflecting on our relationship with him. Devotion gives me confidence, when i pray to god i can connect my self to a strong spiritual power and i feel that i can do anything. So this value has a great importance in my whole life and it have shaped me from every problems in my life and it will continue to shape me towards the goal of my life.

Work in group: Work in group is basically is a social value. Work in group such as **group** study make my study more efficient and fun. Working with others enables me to pool my ideas and see problems from different perspectives. Work in group have made my works very simple and easy. In my subject (microbiology) group work is very useful in labs. So i think that group work will help me to achive my goal

Three Values I Live By

"Men acquire a particular quality by constantly acting in a particular way."

- Aristotle

Values have a great impact on our inner world. They define us. They form the foundation of our character. To avoid risking becoming a faceless human that becomes indistinguishable from every single other faceless person that has ever lived , adopting other people's values , they should be one of the more important things in our lives. That being said , the three main values I prioritize in my life are ;

1.Discipline:

By definition, Discipline is action or inaction that is regulated to be in accordance with a particular system of governance. Discipline is commonly applied to regulating human and animal behavior to its society or environment it belongs. In a much more real sense , Discipline is the attribute that resists our urge to give in to negative behaviors and helps us to focus on all of the positive attributes Self-control is a praiseworthy benefit of discipline. A person of discipline exercises better restraint and control over his actions. In my life , I've frequently found myself finding saving a lot of time by adhering to a strictly bound procedural schedule . On following a disciplined course, one will find not devoting excessive time to a single task , with even time distribution and free time in hand , further confirming the dichotomy "discipline is freedom "

2.Perseverance:

To persevere is to try again and again for success. It means determination at working hard regardless of any odds or obstacles that may exist. What's perhaps underappreciated, or less considered, is the role that our determination to go on plays in the ultimate success of our daily goals Perseverance can be summed up to mean how I'm committed to my goal. Additionally, it enhances the goal's value for me and intensifies my motivation level. It broadens my knowledge about myself and my goals. Not getting overwhelmed by failures to be focused on the goal ahead keeps me working harder.

3.Forgiveness:

By definition, forgiveness is an active process in which you make a conscious decision to let go of negative feelings whether the person deserves it or not . To choose compassion and empathy over grudges have medically proven to lead to less depression, anxiety, stress, anger and hostility. Confucius said about revenge, "Before you embark on a journey of revenge, dig two graves." This applies as much to the spirit of anger behind the desire for revenge as much as to revenge itself. Forgiveness allows us to move on without anger or contempt or seeking revenge. Therefore, we should learn how to embrace ourselves and place ourselves in a situation without stress, anger, regret, self-pity or judgement. Having realized that, if I have not forgiven, part of my inner strength would be caged in anger, resentment, pain or stress of some kind. Thus, over and over forgiveness has helped me to be at peace with my own mind and focus on my goals.



RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

DEPARTMENT OF PHYSICS

PRESENTEND BY

NILOTPAL CHAKRABORTY

ROLL NO: 177

COURSEWORK ON: Value Education & Indian Culture

REGISTRATION NO.: A01-1112-111-056-2020

PAPER CODE: SEC-I

EXAM ROLL NO.: 2021111047

Values always define one's characteristic morale. That means values are prescribed by one's actions—not the other way around. Aristotle said it best:

"MEN ACQUIRE A PARTICULAR QUALITY BY CONSTANTLY ACTING IN A PARTICULAR WAY..."

When everything around is changing, when the world poses difficulty to us, and when one is on a rollercoaster ride of life's ups & downs, the only thing that stands tall and proud is the core values worshipped for lifelong.

Having subjugated the right core values, one is on his way to ascertain life through much prudence, perseverance & attainments.

For me, the journey of life has been fortunately blessed with such values which in the long run have benefitted and will always be doing such greatly.

Leadership:

Taking on one's gallant gesture driven with persistent determination, confidently choosing humility despite staying cornered, collectively catch up for the value called leadership. Rare egression of the admired personality gives an edge to me to remain connected to the fellow mates always. Staying down-to-earth, calling on myriad of people through purity of speech along with pristine words, going forth for the need of the people around, I think, correctly explain the value I put forward while bearing the torch for the rudderless.

In the darkest of times, hardest of situations, throughout the uncertainty lying in the future, everyone seeks for someone to show the way out. We all need someone to lead us, asking whether it will be me; it was, is & would always be a bigger "yes"!

Curiosity:

Get to the bottom of everything that one is counting on for learning, is necessary for the upbringing of one's constructive thought process.

At the threshold of youth, like Swamiji, I too was assailed by the query for the existence of the God. On gradually acknowledging the life's mesmerism, I'm on the way to questioning every single thing & fact I come across, trying hard to understand the most complex, blissfully accepting the incomprehensible. Delving deep into the learned gaps makes things easier for me to apprehend, hence acquiring the value of curious nature keeps me moving every day to destine.

Joyfulness & Spirituality:

Joy is the prime source to richly transfigure the way of living the life. Never doing loathsome things for longer than necessary, enjoying the smallest of choiceful things, attaining a stable inner state-sum up for the real joy that comes from within. Bidding adieu to the fleeting and transient happiness which comes from outer experience, and readily urging the hymn of spiritual awakening, cheerfully claim the blissful me. I gladly accept the alternative occurrence of misery and glee which paves the way for me in the impasse. Counting on the credence of choosing salvation over the materialistic happiness is all keeping my soul connected to the Almighty in the long run.

"Mind" can either be an obstacle or a facilitator of happiness, choosing it wisely wells up joy from within. Leading the way around with perseverance, curiously judging the turnings and transcending own soul to attain the spiritual wisdom while tearing down all the melancholies, severing all earthly bonds, I am on my own road to freedom, happiness, and peace of mind via the longing to destine.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE



NAME – SADANANDA MAL
COURSE – M.SC
SEMESTER - III
SUBJECT – VALUE EDUCATION (SEC)
REG. NO. – A01-1112-214-032-2020
COLLEGE ROLL NO. – 32
DEPARTMENT - BOTANY

TOPIC
THREE VALUES THAT
SHAPED ME

INTRODUCTION: Values can be defined as anything can fulfill our desire or Can gives us Satisfaction. Everything that can help to full fill our needs has a value to us. There are many different values which can help us to be better person. These values help us to bring Self realization as well as to control ourselves. Values work as an invisible guardian to fulfill our goals. Practicing so many values at once is a difficult thing to do. we should go 'step by step. Here are three different values that I like to follow and this values have shaped me who I am.

1. HONESTY :

Honesty cannot be the best policy but the only policy because even a liar does not does not want to hear lies from others and a thief does not want other thieves to steal in his house. So I try my best to make me honest. When you have honesty, many people will come to home to make you as a friend of themselves. You too can help others due to your open mentality nourished by honesty. We cheat only because we are weak.so I try to become a person with strong mentality so that the thought of cheat can not even come in my mind. So, I try not to be jealous of anyone and I can do that due to my mental strength on being honest.

2. SELFLESSNESS:

Selflessness is the practice of not putting yourself first and willing to help other without expecting any reward. Although it is a very different think to do i think it is one of the most important Value everyone should follow. A Self Centred narrow mind always brings violence, bitter relation-Ship with each other which makes the world difficult to live. Everything is better when everyone is happy. A random act of Kindness can change the world for a person. It can heal the deepest of grief for someone. If we see someone needs my help and am capable of helping then the best thing is to help him. If we imagine what my situation would have been if I was the person then helping him becomes easy. Selflessness is one type of most important value that can help improve relationship with my friends ,teachers, other persons. so, this is most important to build my Carrier till now.

3. SELF RESPECT:

Self respect means having confidence in your self and behaving with grace, honour, dignity. Confront our Selves with negative energy and discouraging thoughts about ourselves. However, it is highly valuable to keep in mind that you are most important your yourself is a highly Crucial step to gain a more Confident Strength and self love. I think, self-respect is most valuable in my life because of this I am studying I am studying in "Ramakrishna Mission which is one of the best institute in the world. I think respecting myself not only means value myself but also making the right decisions and taking the right steps when it comes in life.

According to Clint Eastwood, - "Respect your efforts, respect yourself, self respect leads to self-discipline. When you have both firmly under your belt, that's real power".

Here, I have identified some of the values that I hold dear to me. I have also identified how this values impact on the choices that I make as well the actions that I take. From this deep exploration of values, I have come to the realization that my values greatly dictate how I treat the people around me as well as how I prioritize on matters . I believe that as a result of my values , I strive harder to achieve the things that I want life and as such , I am a better person as a result of them.

RAMAKRISHNA MISSION

SEC- MID-SEMESTER ASSIGNMENT

- ONAME: TURNOB NEOGI
- O SEMESTER :- III (UG)
- OCOLLEGE ROLL NO:- 242
- @ REGISTRATION NO: A01-3312-332-024-
- O DEPARTMENT: CHEMISTRY

VALUES WHICH SHAPE ME

economic conception. An object is said to have value, if satisfies human want or desire. All things that satisfy human desires are good or have values. Values are what we view as being important and are incredibly foundational to who are are how are make decisions. Values not only give us guidance but also create Parameters for what we find to be normal, meaningful and helpful. When are live in alignment with our values, we feel better. Here I am going to discuss there walves and will continue to shape me towards the goal of my life.

O HONESTY:-

openners, empowers and enables us to develop consistency in very we present the truth. Honesty verps me in developing good attributes like verps me in developing good attributes like windners, discipline, truthfulners, moral integrity and more. Its overneves fear from my weart and makes me courages and confident. This is neepful for betterment of myself day by day. "Honesty is the best policy."

OCARING:

Other such as displaying kindress and concern for others the true importance of this value comes from the work or pradice of looking after anable to come for them selves. looking after anable to come for them selves. Caving for others both physically and spiritually caving for others both physically and spiritually is a vitally important value to valle; people will so a vitally important value to valle; people will always very on someone else for very at one always very on someone else for very at one point or another but we often feit to realise had much of a difference caving for another had much of a difference caving for another strange happiness overneurs. I have taken care of Someone.

OCLEANLINESS:

cleantiners is a normal value. clean is next to chadiners. I always clean eleaniners is next to chadiners. I always clean my study room before I sit down to study and my study room before I sit down to study and keep things in its proper places. It so mohow in evenes my self confidence. I can perfectly in evenes my self confidence. I can perfectly concentrate on my studies. cleanliners helps to improve my personally by keeping clean enternally and interpodity.

I am today and will continue to shape me towards the goal of my life, i.e to become excepted and a good person.

NAME: - SAUMALYA PAL. REG. NO: - A01-1112-112-034-2020. SEM: - U.G.-III. (CHEM HONS.) COLLEGE ROLL NO .: - 253. SUBJECT: - VALUE EDUCATION.

~: Values Which Shape Me :~

Value is commonly regarded as an economic Conception. An object is said to have value if it satisfies a human desire. But this is not a night approach at all. It generally necognized that there is relation between satisfaction of desire and the preservation and furtherance of life. Values in this sense is essentially survival value so, what patisfies his personality on contributes to his self-mealighten realization is ultimately valuable to him. this waldesides must be fulfill in teams of their relation to his fulfillment in self realization Man must know the concept of what is intrinsically valuable. There are absolutely intrinsie values chemished by all persons beyond all differences due to time and place and 9 am not also except of that. I also feel the importance values in my everyday life. Some of them are. (i) Self Control: - self control plays a big roll in my life. I think it must be the proceious overaments in any one's character. A person

who has self control doesn't distracted by anyone on anything. And this hab help him to menge manage his time and nesounce and they can easily concentrate in any work which they want. This enables him to be focused on his goal and put him forward steps to his success. The observed it in many eases of my life. When any evil thought come to my mind and I become distracted then I try to control myself. I feel that I'm little excited fow few moments but 9 also am also adamant not to do it. Thus it helps us to build up my mindset and character.

foliey in my life. We say false, we do bad works because we are weak we don't have the eownage to say that a simple time or we cannot do any good for another. It when I do a work with honesty I feel so good from my innermost heart and my work will get a proper stometwse. and I can easily gain trust of any one and this make me so much happy.

(iii) Self Study: - Belf study is a very important to in student life. It is not only necessary to get good numbers in exam but also a acquires knowledge in student life and to develop the study background. It also helps us to understand any subject in various way and increases my interest in that particular subject and helps us to develop my study skills. So, selt study is a integral part of my student life.

Desides this, I follow the other values as like -"Non-Violance", - helps us to start strongthen my personality and increase my endurance, "cleanliness" - very important for go sound health, Respect elders and fry to follow their each wood, Respect for all religions, "Perfection and Persevarance" - key of success etc, which help us to build my character and a bright future.

Romakroishna Misson Vivekananda Centenary college

MID - SEMESTER ASSIGNMENT - SEC SEMESTER-111

Name: - Anumoy Bhattacharrya

Registration No: - A01-1112-113-045-2020

College Roll No: - 366

Depertment: - Mathematics

Values Which Save Me

Introduction: = Values can be defined as anything that can gittfull our tubill our desire on can gives us satisfication. Properlying that can help us to fullfill own needs has value to us. There are many different values help us to bring self nealisation as well as to contross owiselves. Values work as on invisible guardian to fulfill own goals. Practicing so many values at once is a different thing to do. We would go step by step. Here are three different values that I like to follow and this values have shaped.

Selflessness is the practice of solling to help other without expecting any reward. Ulthough it is a very different think to do I think it is one of the most important value everyone should tollow. I self centered naviow wind always brings violence. Every thing is better when everyone is kappy. I mandem act or windmess can change the would ton a person. It can heal the deepest of griet ter some one. It we see some one needs my help him.

It we imagine what my situation would have been if I was the person then helping him becomes easy. Selli yness Is one type of most important value that can help impo we relation ship with my Imiends, leachers, any any other porson. I think May you be happy and "I am inthis tongon". So, this is most important to build my carrier kill now.

Self respect &= self respect means having contidence in yourself and behaving with grace, honour, dignity. De combout ownselves with negetive energy and discouraging thoughts about ownselves. However it is the highly valuable to be to be in the highly valuable to help in wind that you are most important porson in our life. Respecting your self is a highly anucial step to gain wine confidence strenth and self love. I think self suspect is The most valuable in by life because of which is the best intitute in the woodd. I dlink verspeating my self not only means valuing myself but also making The might decission and taking the might steps when it were in life. Hounding to clint Eastwood: - "Respect your self, when you are both finally unclear your self, 4 hat sool sower

cleanliness! clearliness in the practice of being clear an being

kept clear. clearliness is onthe of the most impartant value because charciness help to keep us ply evally and mentaly dit then we could not able to do anything. Clearners is also helps to keep the envisionment clear Which is vory wuch necessary for staying healthy. So I always try to keep my noom clear and also try to keep my outside clean - that give ws move energy and move connection Su, Ithink clean liness in one type of value that completes my successfull lite.

Conclusion of Role of values in my life do not possible to write because those values helps in every stop to build my character. It helps to get success in my life and to concentrate in my study, so I think these values have chaped me more then any others values.

VALUES WHICH SHAPE ME

The ultimate goal of every human is self realization. The values which are inherent in the self eternally are called intrinsic values. There are many values which have shaped me throughout my life. I am going to discuss about three most important values according to me which shaped me and will continue to do so.

Philosophical outlook is one of those values which has great contribution in shoping me. The concept of Brahmacharya, unity between Atman and Brahman has nowrished my thilosophical point of view. This concept helps to bring Straddla OR Faith in all beings and myself and helps me to stay unselfish. This philosophy allows me to learn the Truth about our ineignificance in the cosmic play and to act for the welfare of human and natural resources. These philosophical aspects give me inner strength and I feel devoted to the creator of the creation.

I always follow the fath of honesty because it is the only way of self realization. Honesty is the sign of strength. So, the will to stay in the path of honesty taught me to be self-controlled. Staying honest to myself and to others

enhanced my thinking ability and helps me to find solutions of obstacles in my life.

Scientific temper has shoped me as well. To have scientific temper helps me to have independent thinking and analytic and scientific aptroach towards any problem. It allows me to increase objectivity in decision making. Having scientific temper helped me to take responsibility of my deels with belief in law of Karma.

All these values have great impact on my life and I believe those values will continue to guide me throughout my life.

THREE VALUES WHICH HAS SHAPED ME

The three values which shape me most are Sradhha / Respect, Honesty and Objectivity. Perfect quote for this purpose is said by **Fyodor Dostoevsky** - "Above all, don't lie to yourself. The man who lies to himself and listens to his own lie comes to a point that he cannot distinguish the truth within him, or around him, and so loses all respect for himself and for others. And having no respect he ceases to love."

This sums up why these 3 values shape me most.

Sradhha or Respect

Sradhha is the quality of feeling of deep admiration for someone or something elicited by their abilities, age, position, qualities, or achievements. As quoted by a renowned world leader, "I can fight only for something that I love, love only what I respect, and respect only what I at least know."

I have seen this in my short journey of life; to get respect you must give respect. We all must have heard from our elders since childhood, if you can't respect someone or something, you can't learn anything from them. This is why I try to treat everyone with Sradhha or Respect whether they are junior or senior, richer or poorer than us.

When we respect someone, we show that they have a worth and by doing that we sow a sense of self worth among them which in turn creates self respect. As ably quoted be Chinese stalwart **Confucius** — "Respect yourself and others will respect you."

Thus this in turn creates a chain and showing sradhha to everyone and everything, as imparted to us by our Indian Culture, makes me and the world a happier place to live.

Honesty

Honesty or truthfulness is a facet of moral character that connotes positive and virtuous attributes such as integrity, truthfulness, straightforwardness, including straightforwardness of conduct, along with the absence of lying, cheating, theft, etc. Honesty also involves being trustworthy, loyal, fair, and sincere.

Quoting from **Virginia Woolf** — "If you do not tell the truth about yourself you cannot tell it about other people". I have personally experienced that, to earn respect and do something meaningful in life, we need to build a character which lasts more than a lifetime. The most important features of a man's character are his strength to be honest

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and face the truth and be on its side rather than fighting it during adverse conditions. I believe that when we choose to make a decision on something by adjudicating its merits and demerits and feel that the decision is best for the time being, it's a weakness to not stand by it during the time of facing its consequences.

I've come to find that though for short term, the path of lie may seem easier and more fruitful, it ultimately leads to a web of lies from which we can never recover and we fall in it deeper and deeper every day.

Objectivity

When asked to what Buddhism stands for Walpola **Rahula** said and as I quote "First of all, Buddhism is neither pessimistic nor optimistic. If anything at all, it is realistic, for it takes a realistic view of life and the world. It looks at things objectively (*yathābhūtam*). It does not falsely lull you into living in a fool's paradise, nor does it frighten and agonize you with all kinds of imaginary fears and sins. It tells you exactly and objectively what you are and what the world around you are, and show you the way to perfect freedom, peace, tranquility and happiness."

In this world of Kaliyug there are no thing as absolute truth or complete false, there's truth in every lie and there's lie in every truth and the right way of thing is said to be neither in the left or right, it lies somewhere in between. Thus in this time of chaos and confusion, we must not resort to any information or incidence that we stumble upon and think about it objectively, in an unbiased way and remove the layer of deception (maya) and see them is it is.

Being objective has shaped me as it has given me the ability to see the truth from the fog of deception and propaganda and drink only the milk (truth) from the mixture of milk and water as like a swan.

Conclusion

Thus as no man is perfect, I must admit there has been times when I've not been able to stand with the truth and make the honest choice in past, nor have I been respectful to everyone I've met, and I might not have shown objectivity sometimes but I have and will continue to learn from them and be a better version of myself and be an absolute patron of these values.

Ramaknishna Mission Vivekanunda Centenary College
Souvik Kumar Nayak
Clg Holl - 06
Reg No - Aol-1112-215-006-2020
Paper - 50C (Value-education)
Derartment - Zoology
Semester - III

Topic - Values which have shaped me what I am today and will continue to shape me towards the goal of my life.

Three different values are - i) Fearless ness ii) simplicity

"iii) Honesty

Fearlessness: + Fear is one of the most powerful emotions. It has a very strong effect on our mind and body. It can create strong signals of response when we forced with dungerous and nondungerous events. Fearlessness is a state of without fear. It is locking doubt, has confidence and courage to face challenges and danger with skillful beneviour. In my life fearlessness inspires confidence in other creates a safe environment and restores, culm and order. Due to fearlessness in my life many situation have overcomed which was not smoother. Feurlessness has it's foundation in peace, truth, right conduct Love and nonviolence. This value hulps me responds to dangerous, challenges and threat with modesty, numility, nobility and a clurified intellect.

Once one becomes fearless, life becomes limitless I think this value will neep me lots in my future. In many work there may be have scope but also presence of threat or fear so if I can overcome that fear, with this value can conquer that scope.

2. Simplicity: Living a simple life style allows to see the reality of the situation more easily. If we belongs in a simple life style our mind is less stressed because it has less to worry about. From this behavioural learning it is easier to make a wise decision when I know my principles in life. This help me to be clear all about focusing on what's most important to me and letting go of the hest. Self sudgement is very important to grow up being simple in life style not distracting my self from others bad habits. One of the greatest benifits of simplicity is that it provides more extra sime I think it will help me in future also when one I Continuing simplicity, no longer influenced by materialistic values of society. I can follow my own conscience, with out concern for appearance.

Honesty: - My focus on honesty at times did lead to better interaction with my neighbours. Honesty impaies being trutuful. Honesty means to develop a practices of speaking truth throughout life. In my life Practices honesty Possess strong moral character. This behaviour helps me to show strong and good & relationship always follows rule and regulation. I am always honest about my personal and Educational life and also heres me in developing good attributes like kindness, discipline, truthfulness. Busically honesty is the first enapter in the book of wisdom. It holds good due to it's ability to build, shape and motivate integral value of my life.

Name - Mainak Das Simister 3- Post equadrate, sinester-3 Department :- Post quadrate Department of 200 logy, College's-Ramakulshna Missen Virkananda Centerary College. Rahara Kolkata - 700118. Registration_No= A01-2122-215-018-2020 OF 2020-2021. ROII No. 0,- 18 Paper 3- SOFT Skill Topico- Values which shaped me what I am today and will continue to shaped me towards the goal of my life. value is an object is said to have value, if it satisfies ahuman want on Lisie. Includes value denotes the doppies OF importance of cometainey on actions are best to do OH what way is bust to I live, on to describe the significance of different actions. In my there values which have shapedone what I am today I and will continue to shaped me towards the goal of my life. Twee different values are on (1) Austhelic (Procenting of and), (2) Monal (Honesty), (8) spiritual (Fearlessness). (1) Austhetic Pursuit of Caricket, Painting) what can't be expressed by thousand words can be said by Painting and playing cericket aline. Autistic like painting, Plainquicket it's always enlighten over offite Peoples are thought these about hobies but some people are take it four life time job. It bloom a possonality

kuping the eyes open to the intuinsic becauty of volume around, like the enerivity of a ruce flower coming on a plant in died shows, and a suspectful additude to universent helps individual and society In the first I am not good in the Painting and wicket but when I tollowed all the worthine, satistics, and obuged all the sale and maintain all the disciplines which whanced my skill slowly. With the other work I take out time Former out and todad toward in the work that also enhanced my skill. It's take me into the winning the pure and earning of many beautiful appreciations. It's bruided me and today I am a Heacher and it continue to shaped me towards the good of mylite. (2) Money (Housey) :- Housely comothe the hest policy but the only Police busine even a lieur does not want to neer lies furth others and athirt does not want others twieves to steel in Ws own house. Integrably is part OF homsty, it means beingfalm. Integrably is part of housty, it mans kupthof your world, kuping-your Promises, Integrited is part of housty, it means keing ture to yourself and your values when I am house. I can learn and help others learn to ke oping. Inmylife I am always houst about my education, social life, withfund. I always did my would with housty reading the whole books, complete the full chapter Jand giving the any exams of my like it with 100%, Always whet in any relationships with my taken, nother and Friends. This correnting Look me to avery humble purson, and The practice of all that things today also I am houst and that makes easy to achieve anything in my life people giving

Propr-8 metre but wishes. 3) spiritual (Ferressess) o- Rectify oriendation is a must Where the Alman - Brahman concept is brought home. At man as the constant behind the changing indused Phenomena are one and the same, and good of human life is to multer this unity. Furtherides is the to become feweless of any kind of situation in life that 15 your own life, your educational life ou your Job do anything which your want take challanges tried to have new Strings and do anything which afine you Turnylite I did all that above thing freedessly This take charanges like been new things like bandworth Printing, coining the blood in bibod donation camp and dc. All I that thing makes me treaters and Stuary and today I doubt think about the result of the would ethnor good use look just do it. And its give the tooks in mylife. It shaped me towards the good of my life of as a Fearful less porson. This there value is kest shaped me but I aways trust to develop the other value in my lite.

P.T.O.

NAME - SOUMYA PAL. SUBJECT - SEC - I ROLL NO. - 722. REG. NO. - AUJ-1112-117 - 014-2020 DEPARTMENT - B.S. (HONG) COMPUTER SCIENCE.

VALUE WHICH SHAPE ME

Introduction Value means improtance or it is the Standard of someone or something. Value is totally statisfaction dependent, the same thing certich is value to me that may be valueless to other the coun devided nature in two sections, One is inhale value and other one is acquired value. Socording to 'Ne dounta' self sealization is the good of Human life. The more we will follow intrinsic values in our life, the more we will reach to our Good. Here are three values which have shaped me and my life.

J. SELF-CONTROL Self control is the ability of a person to control him in every situation. Self control is very much necessary for regulation one's behaviour. In this value mind control is an emprotant factor. This value come to our work at elevanth hour, when the last moment is comming for any work. So, if we can control our mind self control will outomatically control.

· Otility & Suprotance & Self control helps to improme mind's power.

ii. If are home the control ourselves ale con achine any goal.

m. Anger can be easily control by Self-control.

- · Personal Experience From my childhood of Controlled myself from saying any type of rough words and still now of controlled myself from any type of word which is painful to others
- 2. DEVOTION TO GOD Devotion to God means the faith or believe that we show on our land. When there is no may to me of always surrender to him, becomes I know he will surely some me from that situation.
 - problem, then the only answer is God.

of mind.

w) A has a great impact in Concentration.

- · Personal Experience Oneday are (me and my friends) were playing cricket. The boll lost after some time in a bushes are tried so much to find the ball but are court but suddenly of found the ball after priory to God.
- 3. Group Work A means morks with other cooperatively. When more head and hand will engage, there mark will be easier and better than individual mork.
- · Improtance i) It helps us to Levelop better communication skill.
 - 1) Everybody of Group will be benifited.
- help me for study and making something

Values that Shape Me

Snijan Dutta

Roll-719

Dept-Comp. Sci

Reg: No.: - A01-1112-117-012-2020

values are the principles, standoords, on qualities that quide one's actions. As a student, I've always tried to live by certain values. Except Everyday I grapple with my own desines versus what's right. While it can be challenging at times, there is no doubt about

absolutely integral to my life as they can affect my studies.

Here are the values that I strive to adhere to in my life:

the importance of incomponating these ethics into fiction - they are

Honesty. This is the most important value that matters to

me. I try, thorough my actions towards others, always live up to honestly. I ask myself, How can I be honest with this

person? before pursuing any action. It is out of my respect for others that I hold myself to this ideal. While honesty is imperative in every relationship, it is the connerstone of every relationship with myself.

Curiosity. I'm naturally curious and find that difficult to ignome something that interests me even if it is not directly related to myself. It is out of respect for others I try to related to myself. It is out of respect for others I try to control this trait and ask 'What impact would this exploration

have on the person? before pursuing exploration.

they are in absolute need.

Sympathy. I try to be companionate and understanding with others. While an ongoing struggle on visis, I believe the most important factor in increasing my empathy towards others is through understanding them better. This is where curiosity comes into play. By being curious about a person, you can understand them better, which in two allows you to be more sympathetic towards them and help them when

Honesty, Curiosity and Sympathy - These one the values that have have shaped my life. They are the principles that have guided my decisions and actions. It is these principles that

grant me the prespect of others. As a student, I believe It is important for all students to be conscious of their actions towards themselves and others.

My experiences with these values have left an indelible mark on my life as they have enabled me to create more meaningful relationship with every person I met · But ultimately they are not about me, they define my vielationships, the people around me and how they are affected by these values and principles.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE, RAHARA KHARDAH, KOLKATA-700118



Mid semester assignment on-

'VALUES WHICH SHAPE ME'

Roll no- 618

Semester- III

B.Sc (Hons.) Microbiology Registration no- A01-1112-116-011-2020

INTRODUCTION:

Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a human want or desire. All things that satisfy human desires are good or have value. Food is good, it has value because it satisfies hunger. Shelter is good because it saves us from inclement weather and wild animals. But this definition does not go deep enough.

It is generally recognized that there is relation between the satisfaction of desire and the preservation & furtherance of life. Value in this sense is essentially survival value. It is adjustment to the environment. But such a conception of value is still inadequate in complex human civilization. Men's wants today are much more and numerous and goal of life is much more comprehensive. Man is not a mere animal or a bundle of desires. Man is not only a body mind complex but a person, a Self, a spirit. So what satisfies his personality or contributes to his selfrealization is ultimately valuable to him. His wants and desires must be valued themselves in terms of their relation to his fulfilment in self-realization. Man must go beyond organic method of satisfaction of desire to reach the concept of what is intrinsically valuable. There are absolute or intrinsic values cherished by all persons beyond all differences due to time and place.

Generally, value has been taken to mean moral ideas, general conceptions or orientations towards the world or sometimes simply interests, attitudes, preferences, needs, sentiments and dispositions.

There has many values that shape me. But I am going to write about 3 values among all. Those 3 values are mostly import to me because it matches with my mind set. These three values are-

- 1. Cleanliness
- 2. Honesty
- 3. Self-control

1) Cleanliness:

Cleanliness is both the abstract state of being clean and free from germs, dirt, trash, or waste, and the habit of achieving and maintaining that state. Cleanliness is often achieved through cleaning. Culturally, cleanliness is usually a good quality, as indicated by the aphorism: "Cleanliness is next to Godliness" and may be regarded as contributing to other ideals such as health and beauty.

On a practical level, cleanliness is thus related to hygiene and disease prevention. Washing is one way of achieving physical cleanliness, usually with water and often some kind of soap or detergent.

Cleanliness also would be a characteristic of the people who maintain cleanness or prevent dirtying. In Hinduism, cleanliness is an important virtue and the Bhagavad Gita describes it as one of the divine qualities which one must practice. Srimad Bhagavatam also recognises cleanliness as one of the thirty qualities which one must acquire to obtain the grace of God and identifies internal and external cleanliness among the twelve regular duties. Cleanliness is also an exalted quality which characterises the Satya Yuga (Golden Age) in Hinduism. As stated

by many Hindu scriptures that cleanliness is a way of relative to God.

As a student of Ramakrishna Mission, this institution taught me cleanliness is a very important value in my daily life routine. Clean environment gives me a calm and soothing mind. It helps me to concentrate in my studies. So it is a very important value of my life.

2) Honesty:

Honesty is a facet of moral character that connotes positive and virtuous attributes such as integrity, truthfulness, straightforwardness, including straightforwardness of conduct, along with the absence of lying, cheating, theft, etc. Honesty also involves being trustworthy, loyal, fair, and sincere.

Honesty is not just about telling the truth. It's about being real with yourself and others about who you are, what you want and what you need to live your most authentic life. Honesty promotes openness, empowers us and enables us to develop consistency in how we present the facts. Honesty sharpens our perception and allows us to observe everything around us with clarity. Respectable, admired behaviour is always carried out with honesty. Telling the truth and backing it up with actions show respect for what's right and an esteem for ethical and moral integrity. Honesty is one of the key components to character and one of the most admired traits of any successful, responsible person.

When I look back on it, every time I lied (that I can recall) I was trying to excuse or misrepresent my own shortcomings or to compensate for something. I was trying to pursue a sinful desire that would only, at best, produce temporary pleasure. Lies I told were often due to a lack of effort, positive morals or thoughts. Other times, I was convincing myself I wasn't good enough or able to do something my heart was really set on. Lying or presuming I knew something I didn't really know was the easy path. This discouraging thought manifested itself in ways that I couldn't possibly perceive at the time. It set me back by delaying the pursuit of my dreams. It took away my ability to take chances that my heart was willing to take but my mind was blocking me from taking.

3) Self-control:

Self-control, an aspect of inhibitory control, is the ability to regulate one's emotions, thoughts, and behaviour in the face of temptations and impulses. Self-control is thought to be like a muscle. According to studies, self-regulation, whether emotional or behavioural, was proven to be a limited resource which functions like energy. In the short term, overuse of self-control will lead to depletion. However, in the long term, the use of self-control can strengthen and improve over time.

This value shaped my personality most. It gives strength to control my mind and thoughts. In some difficult moments of my life it helps me a lot. Controlling thoughts and mind is very important. This thing always not soothing my desire for that time but it helps a lot in my future.

Conclusion:

Life can be easier when you acknowledge your values. Our beliefs and values drive our personal attitude and behaviour toward the world, yet the moral values of society and the ethical rules in place limit our actions accordingly. So, we have to conceptualize, memories, solubilize the all values into our heart to resolve our body, mind, soul to reach the ultimate goal of success and become a good citizen in our society. It is our decision to behave according to the morals and ethics of the society in which we live. Even if our personal values clash with those of the community, we might still abide by societal rules because we are afraid of repercussions.



RIMVC COLLEGE, RAHARA MINIOC COLLEGE, RAHARA

SEC 1 ASSIGNMENT (MID SEM)

NAME : ANIKET DAS

SEM : 3

DEPT : COMPUTER SCIENCE

CLASS ROLL : 726

REG NO : ADI-1112-117-018-2020

SUBJECT : SEC 1 (VALUE EDUCATION)

- Values Which Shape Me

Dehind every successful person, there have some values which shaped them from beginning of their journey and helps them to seach their destination. We encountered with different types of pains and crucial situations in our life but to build yourself as a great human being and to be succeed you must have to influence by some values.

I also influenced by some values which shaped me till date and no doubt will continue to shape me towards the goal of my life. Among them the most three values are—

- i) Aesthetic
- ii) Austersity
- iii) Fearlenners

i) Reothetic:

Aesthetic values has a great influenced on my life, I underested the beauty of Ants and nature through this Aesthetic views. Everywhere I want to express my creativity like every evert, competitions, programmes, exams on everywhere met for being first (1st) but to get the beauty of the orts and this made my personality strong enough and confident. It also enhanced my communication skills because we need to express owned to the outside world through the quality of speech and marmons. No doubt, this Authotic sense will help me on progress of my life and to reach my destination.

11) Austerity:-

I believe that austerity should be the most important value for everyone. To become a great and successful person it is necessary to cover up the Struggling and painful periods. Life would not offer us any success on achievements on any of own decines easily, to get them we must have to struggle and keep a never give up mentality. We should be very stricted and have to do our duty firmly toget anything. There was a huge contribution of Austerity in my life yet, because I have suffered from many problems and in my surroundings there was let of things to demostivate me from my wear. But parsionately I kept my dream with a strict and determined mentality and that made my today. I hope this will help me to fulfill my aims.

iii) Fearlessness:-

There have many situations on our life when we could not take any proper decision by thinking about many bad or negative results. For our fearners we have already lost many kind apportunities and many ways that could build our future. So, fearslemmen is important and I aware of that term because I was always

fearless and confident on my every decision and every steps of my life. I don't know if I was wrong on met on my decision but through this I have neached today and I hope my tearless and confident mentality will continue to shape me towards the goal of my life.



RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

Name: Promit Dey

Department : Chemistry

Subject : Value Education

College Roll: 224

Reg. No: A01-1112-112-011-2020

Values that shape me

What are values?

Values are those beliefs we hold most dear. They can be desirable goals that motivate our actions and guide us through our lives. Values often weave into our personalities and define who we are. They become a part of us and influence our decisions and actions. Personal values differ from person to person and are often affected by one's culture, upbringing and life experiences—among other factors. We feel better when we live by our values.

There are some values both absolute and intrinsic those cherished me and make my life meaningful beyond all differences due to time and place.

Social Value:

Humans are social creatures there for total development of a person is related to the development of society where he belongs. A society is judged through is constituting living habitant. Social development is all about empathy, service to poor, punctuality etc. To develop a good society, there must be mutual respect kindness towards all. An ideal society can be defined as a society where every individual is self-content and lives a healthy peaceful life. There must be respect to all religion freedom and liberty and most importantly development of society depends on the interrelation of the people who live together. Individual happiness depends on the happiness and welfare of other members of society so we must try to help each other these habits grow from student life working in a group and perform. Social work help us to grow punctuality and patriotism. All these qualities helped me to be a complete human being.

Truth and Honesty:

Honesty is telling the truth, being upright, candid and sincere with what you say and do. The art of being honest is an asset which almost everyone would admire. If honesty is one of your core values it would be a guiding force in your life. Your level of honesty would influence the decision you make and the relationships you enjoy with others. It helps you determine what's right and wrong, what's moral and what you admit to being true. Sometimes being honest is one of the most testing things we can do, especially if we're not telling the truth out of empathy for someone. Your ability to be truthful even if doing so will put you in a bad light, defines whether it's one of your core values. If it is, it will dedicate how you interact with people and how people view you. Sometimes it's when we're at our lowest point, faced with abject failure that forces us to change. But if you choose to continue to make excuses for being dishonest, you'll compromise meaningful relationships you can build. Not only that you can hurt the people closest to you and prevent people from seeing what makes you special. Always be true to yourself and honest with others.

Communication:

Effective communication is essential for a relationship to grow & function successfully. Being a good communicator requires effective listening & understanding. Clear communication requires our words, tone of voice & body language to be congruent & reflect the true meaning of our message. Communication is the conveying of thoughts, feelings, opinions, ideas and information. It is the means of sending messages to one another. Effective communication depends on the clarity and delivery success, as well as how it's received and understood. How you communicate greatly impacts the way you're perceived. So I always commute with proper manner because that is what that portray us as a person.

Acknowledgement

The success and final outcome of this assignment required guidance and assistance of some people. I consider myself fortunate to have got this along the completion of my assignment work. I respect and thank our principal Swami Kamalasthananda for giving us the opportunity to do this wonderful assignment on the topic - Values that shape me. I would like to extend my sincere gratitude to principal Maharaj without whom the world would have remained incomplete.

Promit Dey

VALUES THAT HAVE SHAPED ME

VALUE-1 => TIME MANAGENENT / TIME MANAGING

In me life of a sludent, time management is perhaps the most important aspect one needs to follow. leagle often I don't retor realize the importance of time and dispair once they have exhausted it Every individual on this planet gets 21 hours everyday, it is Vup to oco them how they make use of it. For one who uses it diligently may make a continuer king . I have personally felt mit change in me when I realized the surportainer of time, as deling the right oflings at right I times I means newards for you. People often take life for granted and portione weir work for the V No body knows what lies " the west day you may be sick or the world night not exist. Completing the tack on right time is an important as executing it will the right intention. Time and tide waits for none & renowned proverte and "साम 'यर स्ता आण कर, आज कर सा अला - होरगी बहुरि अरेगा अब पल में प्रलय These might be the secret to success as they for importance of time. A person right from their student must dearn and implement

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in their own lives at they will not only assist them in academics but will have read remarks in their professional lines.

This has been an esotremely insparatant desson in my dife till now and has definitely allowed me to the nore efficient in my tasks.

VALUE-D => COMPASSION FOR THE UNDER.

This particular value makes a wan a human. In such a world where there backer is out. Throat competition, enccess - failure is considered as the only parameter to judge once life. Often we do forget that life is about mutual respect and V understanding. India is a great nation, but can only become I greater by mit peop it citizens. For instance, according to mi recent reports 10%. population of Endia occupies the 57% of money This makes Enolia as one of me most magnal countries in terms of finance. I If is hard to believe; India houses and few billionaires who can buy the materialistic world but can't remove foresty This etimes hard as there is a good amount of Endian who go to bed without a meal. Whereas,

like Radan Tata, Azim fremji av tegny tuv level best to relieve to the society whatever they care from it. This does not make them a losser Vhuivenwan I strongly believe life is all about sharing be it your knowledge or money or happiness. Adailynty has encated us and grifted us will life and we the would to treat people differently Bouce I had me appurtuity to be a part of an NGO and interact him the under privaledges people. It sort of opined new doorways for the do and compelled me to reflect on my life. We often complain of hardelips after mere inconvincences mat we face, but my an programmed to lead life different than us and tend to Vappreciate life in the rawest form An lafferent man may be countered powerful, but to we an under privatedged person in morane has more grit, as God gives his toughest battles to bit strongest policiere. Thus, if someone were to understand life then lucy neight be the ferfect teachers . I cerestly desire to expread love and affection to the needy in mi filmet will whatever I could could disposal. But we are Incliance tend to

remailtieire powerty and depict it son acotherically but we forget that lit is a collective failure of our cociety for not being alle to ensure have requirements

VALUE-S > PATRIOTISM.

Another important aspect of our line is policotion, love for out nation! It in the Endrovert identily that we inherit and it is our fundamental duly to preserve and possoon relay it to our fortheading generations at me nation I will exist without you drywery but you can't if there is no nation. wowadays, politicans often by to anodify me the patriot and taked vicen ceuse of me tum fraitore. But we suight not forget the eachifices our freedow fighters which of our great wistonauter and had brought freedom to us and has evabled us to break in a free country. Patriolism is not only about figuring against our external deliverine forces but also me forces within, that obside us as a nation. I had we friestedge of listening to tack tales from my Grandad who had seemed cut nation in deciplus batter. Talking about patriotizes, we often forget about farmere who put forward entreme

Thus fatuotism must be in our heart in our its true sense as it provides you will too identity.

and chapes you in a way which will be hereficial for it citizens.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE



VALUE-EDUCATION ASSIGNMENT

TOPIC: VALUES WHICH SHAPE ME

DEPARTMENT: BOTANY (M.SC)

REG NO: A01-1112-214-015-2020

ROLL NO: 17

SEMESTER: M.SC[3RD SEMESTER]

VALUES WHICH SHAPE ME

"Stand up, be bold, be strong. Take the whole responsibility on your own shoulders, & know that you are the creator of your own destiny."

- Swami Vivekananda

> values:

Values are like seeds that sprout, become saplings, grow into trees and spread their branches all around. To be able to think right, to feel the right kind of emotions and to act in the desirable manner are the prime phases of personality development. Building up of values system starts with the individual, moves onto the family and community, reorienting systems, structures and institutions, spreading throughout the land and ultimately embracing the planet as a whole. Value Education is essentially a matter of educating the feelings and emotions. Value education is simply a matter of developing appropriate behaviour and habits involving inculcation of certain virtues and habits. Values represent wide range of good ideas about the end that people should pursue in their life. Values provide a general guideline for the behaviour of the people, as for example human dignity, patriotism, religiosity, sacrifice, helpfulness, co-operation, social equality, privacy, democracy etc. guide our life in multiple ways. Value education cannot be circumscribed by textbook material but should be left to the initiative and inspiration of the teachers in finding the learning resources. Education is necessarily a process of inculcating values to equip the learner lead a life – a kind of life that is satisfying to the individual in accordance with the cherished values and ideals of the society. Value Education helped us to shift our conception from religious and moral education to education for peace, parallels the shifting sense and sensitivities in the larger context of education. However, value education can be imparted in a few ways.

There are some values (absolute and intrinsic), those reared me and make my life cabalistic beyond all differences due to time and place.

* TRUTH AND HONESTY: Both the words are complementary to each other. Honesty is the simplest thing and it develops a practice of speaking truth throughout the life. It must be said that honesty implies being truthful. Honesty strengths and improves relationships between people. It helps in bringing them closer making a unity in between them. This is another value that shaped me. In my first class of Vidyasagae Shishutirtha_our head master told us that it is the most important and useful thing for our student life to be a honest person. He told us that a person who practices honesty in his life possess strong moral character. There is a very common phrase Honesty is the best policy. Honesty helps me in developing good attributes like kindness, discipline, truthfulness, moral integrity and more. Honesty removes fear from my heart and makes me courageous and confident. Now in our very corruption days this is really need for us. Though it is a very responsible value that shaped me, I always try to main this policy in my life.

- ❖ <u>SELF STUDY</u>: It is a learning met hod where students direct their own studying-outside the classroom and without direct supervision. It is the first value that makes me an independent student. Since from childhood I was in a hostel so there was neither my parent nor any private tutor who could help me for study at that particular time. Using self study I am able to go beyond simply learning what my class text books and instructors teach me. By practicing self study I am encouraged to explore further topics in which I am interested and developing stronger study skills as a result. The most advantageous result which I have got throughout self study is I can take control over my own learning. So, it must be said that self study is the most important value of my life that made me. This self study always boosts my self-esteem encourage my curiosity and make me in a shape.
- ❖ WORK IN GROUP. We have our society and there we live together or we can say that we live in a group. These groups have a profound impact in our thought sfeelings and actions. There is a very common phrase Unity is strength. It is not that teaches by someone, it is the case of realization and development of our mentality. In my complete school life I learned about unity. As we are in a residential school all the students were working together. All of us are in a group and it satisfies my need to belong gain information and understanding through social comparison, define our sense of self and social identity and helped me to achieve my goals that might elude me if I worked alone. It is more significant to me that much of the work is done in groups rather than individual. When I do any work in a group it enhanced my idea on that particular topic during discussion and it nourished me with a lot of positivity. In a group I am very focused on making a smooth and quick decision which possibly the more fruitful option for us. So, it is one of the important values in my life that shaped me.

VALUES THAT SHAPED ME

• ACKNOWLEDGEMENT: The success and final outcome of this assignment required guidance and assistance of some people. I consider myself fortunate and to have got this all along the completion of my assignment work. I respect and thank our principal Maharaj Swami Kamalasthananda for giving us an opportunity to do this wonderful assignment on the precious topic VALUES THAT SHAPED ME I would like to extend my sincere gratitude to principal Maharaj without whom the work would have remained incomplete.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

NAME: SUBRATA ROY CHOWDHURY

DEPARTMENT: CHEMISTRY

SUBJECT: SEC-I (VALUE EDUCATION)

COLLEGE ROLL NO: 244

REG. NO: A01-1112-112-026-2020

What are values?

In ethics, value donotes the Legree of importance of something or action, with the aim of determining what actions are best to do or what way is best to live jor to describe be significance of different actions.

There are some valuest, those charised me and make my life meaning tul beyond all differences due to time and place.

> SELF STUDY: It is learning method where students direct their own studying-outside the classram and without direct supervision. It is be first value but make me a independent student. Since from my Childhad I was in Bedibhawan Rabitirtha vidyaloga, so as othe instruction of that vidyaloga had no private tutor. Using self school, I had no private tutor. Using self study i am able to go beyond simply learning what my class text books and teachers taught me. By doing this practice I am able to explore further topics in which I am interested and developing stronger study skills as a result. The most odvantages I get that I can take control over my own learning. so, it must be said that self-study is pe most important value of my life.

-> TRUTH AND HONESTY!

mean what does "housty is the best policy"

You should always tell the truth, even when it seems as if it would be useful to tell a lie. Howsty makes me brave and strong. It is also the best policy in relationships: Honosty builds up cool relationship in family, triends. Thoug it is a very responsible value that shaped me, I always try to maintain this policy in my life.

- WORK IN GROUP!

we have our society and here we live together or we can say that we the ma group. These groups have a profound impact in our thoughts, feelings and actions. There is a vert common phrase-Unity is strength. It is not trut taught by someone, it is the case of realization and development of our mentality. In my complete sition life I learned about Unity, when I do any work in a group it exhanced my idea on that particular topic during discussion and it hourished topic dunny a lot of positivity. It a de me with a lot of positivity. It a a noup i am very focused, so it is one of the mot important value that shaped me

VALUES WHICH SHAPE ME

Sumit Kumar Pramanik

Department of Zoology (Post Graduate)

Semester III

Roll No: 17

Values are generally considered as a economic expression that denotes the price of something in any market at current time. It changes time to time, places to places. But in human life there are certain values which do not change over time, rather eternal. Those values shape a person, represent his/her past and determine the future also. Values represent the background of a person or which society he/she belongs to. As well as values determine the importance of a person in every society or even in family too.

Like many others I also hold some values, which shapes my character i.e. what I am today and also they shape the future path of my life to achieve the highest goal. In the following section I have discussed about the values which I consider as most important in my life.

• Appreciation of nature: Nature has its own means of balance. There are five basic components in nature – earth, water, fire, air and space. And these all five components are present in every living and non living object in nature. Hundreds of millions of species, all are from those five basic components, will be enriching the natural reservoir after their death – this signifies the great cycle mother nature. We can't even imagine how many individual values nature teach us everyday. We can just observe and imitate them in our life. As a human being we are not different from those millions of species, but the aesthetic sense in us that is lacked in most of the species of mother nature makes us a true human.

That's why appreciation of nature with aesthetic sense seems to be one of the most important value for me.

• *Fearlessness:* Fear is the something that opposes growth. Fear creates all inhibitions. And every fear is essentially a fear of death. If we can somehow overcome this fear of death, all other fears fade away automatically.

In my life I consider fearlessness as one of the topmost values. I try to think and analyze the every cause of fear logically then think to overcome it with the least possible effort. This practice is somehow helpful to override the fear of failure in my life. Fearlessness gives me confidence. I think fearlessness of death also help me to be awaken in spiritual way to do self realization. And the self realization of myself as a soul in the entire cosmos like many others is the one and only ultimate goal of human life.

• *Patriotism:* The love for motherland is considered as one the best values for me. For me being an Indian is not a citizenship of a piece of land. It is my identity which I have owned luckily by birth. The land of oldest civilization which showed the light of wisdom to the entire world, land of dharma which teaches everyone the greatest virtues of human life, land of thousands of living species which are endemic to India, a place where innumerable number of ethnic classes coexist with each other but still they identify themselves as descendants of one ancient civilization - that is India.

Feeling something for India, identify myself to be part of Indian society is probably the most important value in my life. Whatever I do in my life it would be for the betterment of my country and the countrymen. All success and achievement in my life would be considered an extra feather in the crown of my country. And needless to say such way of thinking about the nation and patriotism shapes the future way of my life.

Ramakrishna Mission Vivekananda Centenary College Rahara, Kolkata



Name: Somnath Banerjee

Department: PG Dept Of Botany

Semester: III

Paper: Soft Skill 3

College Roll Number: 02

Registration Number: A01-1112-214-002-2020

INTRODUCTION

Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a human want or desire. All things that satisfy human desires are good or have value. Food is good; it has value because it satisfies hunger. Shelter is good because it saves us from inclement weather and wild animals. But this definition does not go deep enough.

It is generally recognized that there is relation between the satisfaction of desire and the preservation & furtherance of life. Value in this sense is essentially survival value. It is adjustment to the environment. But such a conception of value is still inadequate in complex human civilization. Men's wants today are much more complex and numerous and goal of life is much more comprehensive. Man is not a mere animal or a bundle of desires. Man is not only a body-mind complex but a person, a Self; a spirit. So, what satisfies his personality or contributes to his self-realization is ultimately valuable to him. His wants and desires must be valued themselves in terms of their relation to his fulfilment in self-realisation. Man must go beyond organic method of satisfaction of desire to reach the concept of what is intrinsically valuable. There are absolute or intrinsic values cherished by all persons beyond all differences due to time and place.

TOPIC: VALUES WHICH SHAPE ME

Instrumental Values Can Be Divided into Five Different Part's That Are Spiritual, Moral, Aesthetic, Cognitive and Social. Among Them Three Values Which Have Shaped Me to What I Am Today and Will Continue to Shape Me Towards the Goal of My Life Are as Follows-

1. MORAL VALUE: Cleanliness and Simplicity- We Have Heard the Phrase "Cleanliness is Next to Godliness" Since our Childhood. It Gives Us the Idea That Those Who Are Pure and Clean Always Stay Close to God. Cleanliness Gives Rise to A Good Character by Keeping Our Body, Mind and Soul Clean and Peaceful. Cleanliness Personal and That of Our Surroundings Enhances a Cheerful Personality Inside Us and Helps Us to Stay Happy in Life.

After Waking Up in The Morning I Clean My Bed, Fold the Blankets and Place the Pillows in An Arranged Manner. I Clean My Room with A Broom Whenever Possible Especially During Weekends and Holidays. I Always Keep My Study/Work Space Clean and Tidy and Keep All of My Books in An Arranged Manner Which Helps Me to Concentrate and Find Them Easily Whenever They Are Needed. I Always Throw Garbage in Dustbin and Try to Keep My Surroundings Neat and Clean, It Is One of Our Duty Towards Our Society. Wearing A Neat and Tidy Uniform Helps Me to Stay Disciplined and Increases My Confidence. I Always Attend College in A Proper Uniform Following the Dress Code.

The Basic Idea Behind Simplicity Is Having a Simple Thought Process. A Simple Life-style And Simple Thought Process Helps Me to Cut Short on Unnecessary Desires and Needs. Simplicity Has Always Helped Me to Deal with Unfavourable Circumstances and Tough Times with An Open Mindset and Ease. It Helps Me to Help Others Openly Without Any Expectations or Conditions. I Have Started to Value Small Things in Life and Stay Happy with What I Possess and Stop Running After Materialistic Things. By Adopting Simplicity, We Will Have Less Problems and A Clear Mindset and Thought Process Which Will in Turn Help Us to Reach Our Goals in Life. Simplicity Has Also Taught Me the Value of Money as A Result I Cut Down My Expenses on Unnecessary Things and Try to Reuse the Things as Much Possible.

2.AESTHETIC VALUE: Pursuit of Art and Appreciation of

Nature- Art Speaks Where Words Are Unable to Explain. The Greek Philosopher Aristotle Said That "The Aim of Art Is Not to Represent the Outward Appearance of Things but Their Inner Significance". Drawing And Painting Is Among One of My Hobbies. I Used to Submit Paintings for Wall Magazine and Have Made Many Art and Crafts for School, College and Outside Exhibitions As Well. I Have Also Completed Diploma in Art and Painting Up to Third Year from Bangiya Sangeet Parishad.

Appreciation Of Nature Around Us Is Very Important as We Know That Nature Is the Best Teacher. Staying Close to Nature Helps Us to Relax and Stay Refreshed. The Plants, Flowers, River, Blue Sky, Mountains Are All Part of The Nature. We Should Always Take Out Some Time to Spend Outdoors to Understand the Significance and Beauty of Nature. Nature Always Provides Us for Our Need but Not for Our Greed So Destruction of Habitat of Flora and Fauna and Deforestation Has to Be Stopped. Myself Being a Botany Student I Always Take Part in Plantation and Environment Awareness Related Events. Its My Duty to Make People Aware About Planting Tree's around Us As Tree's Provide Us With Shade During The Summer Season, They help To Reduce Pollution And Most Importantly Provide Us With Fresh Oxygen To Breathe.

3.COGNITIVE VALUE: Independent Thinking and Scientific

Temper- Independent Thinking Is the Process of Making Sense of The World Based on Own Ideas Rather Than Depending on The Word of Others. Independent Thinking Helps Me to Come Up with New and Original Ideas. It Helps Me to Increase My Performance, productivity And Reach a Greater Level of Self Awareness. Persistence, Belief, Confidence, Determination and Creative Awareness Are Some of The Qualities an Independent Thinker Has. These Qualities Enable Someone to Become More Innovative and Have a Positive Attitude Towards Life.

Scientific Temper Is the Individual and Social Process of Thinking and Acting Which Uses a Scientific Method Which May Include Questioning, Observing Reality, Testing, Hypothesising, Analysis and Communication. It Can Help a Person to Be Free from Superstitions and Irrational Practices. Scientific Temper Always Helps Me to Learn New Things, Gain More Knowledge and To Ask More Questions.

ACKNOWLEDGEMENT

The Success and Final Outcome OF This Assignment Required Guidance and Assistance of Some People. I Would Like to Thank Our Principal Maharaj Swami Kamalasthananda for Giving Me the Opportunity to Do This Assignment on The Topic Values That Shape Me. I Would Also Like to Thank My Parents and Friends for Supporting Me Throughout This Assignment.

DATE-10/12/2021

Somnath Banerjee

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE





SUBJECT: SEC-I Project

Name: AHAN ROY

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Course: MATHEMATICS HONS. (SEM-III)

Session: 2021-'22

VALUES WHICH SHAPE ME

The word "Value' reflects the importance, worth, desirability and the respect gets in return. It act as the driving force of our lives. In my personal life, I have also some values that I can hold. These values are as a result of my upbringing, my principles in life as well as my socialization. In this writting, I shall identify the core values that I hold and how they influence my everyday actions, manners and plans that I make.

In today's society, moral values, rules and norms affect the decisions made by individuals and over time, define the kind of person they choose to become. The decisions I have made in my life have been influenced by my moral values and have helped define myself I have become today. From the day, I was born, my interactions with family and friends contribute to defining my principles, morals and ettrical values I abide by in my daily life. Throughout my childhood, my family instilled many impor-- tant values; love and respect others, trust, achievement, honesty, simplicity, commitment and activeness. Of all these values, I I believe that two most important values they taught me were the value of self-control and to love and respect others. Self-study has to employed to be strong in body amind. Muscles, intellect, nerves and emoltions get strengthen through regular physical and mental exercises, like Yogasanas, meditations and prayers. cleanliness increases my self-confidence and lastly contentment, we get from nature and other humans, enhances a cheerful personality and happiness in life.

Besides it, we all have a need for individual identity and for group identity regardless of culture. Some cultures shape individually more and others shape group identity more. These identity values are expressed symbolically in the design of tools, utensils, clothes, houses and places of worship as well as public places. Every persons has artistic talents, like singing, playing musical instruments, paintings, martial art etc., with innate needs for aesthetic fulfillment. Here, I'm a little pasionate in drawing and painting. So, it bloom my personality keeping the eyes open to the intrinsic beauty of nature and enrich my creativity and innovative ideas over any field of work. Allover, this aesthetic value grow a my respectful attitude to environment helps individual and the society also.

In society, we all have live together. So, social values reflects how we relate to society and also regulate and organize our daily life. We need to understand who others are and accept whom from society. Having mutual respect for everyone, despite of the differences between us is vital in order for a society to function well and love helps me acknowledge the similarities we all share rather than the difference of colour-religion-sexual orientation. Loyalty helps to build the strength needed to stand up against that which can harm our society. Even in the midst of present society. I still hold honesty as one of my core values. Without any doubt, it is this is mostly as a result of my upbringing whereby honest was applauded. Also, I have come to realize that when one achieves success through honesty, the level of satisfaction that comes with it, is truely uncomparable by any other feelings.

After all, from this deep exploration of my values, I have come

to realization that my values greatly dictate how I treat the people around me as well as how impact on the choices that I make and the actions that I take. I believe that as a result of my values, I take up harder to achieve what I want in life and as a result of them. I become a better person in future hopefully.

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RAMKRISHNA MISSION VIVEKAHANDA CENTENARY COLLEGE

Mome-Probal Mondal

Department-Chemistry [Sem-3]

College roll-259

Reg no - A01-1112-112-039-2020

Sub - Value Education

VALUES THAT SHAPE US

-) what are values? Values are basic and fundamental beliefs that quide or motivale attitudes or actions. They help us le determine what is important to us. All things that satisfy human delires are good on have values. Values not only give us quidance but also execute garameteres for what we find to be hormal, meaningful and helpful There are some realizes (absolute & intrinsic) those chesished me and make my life meaningful beyond all differences due to time and place. 1/SELF STUDY: - It is a learning method where students direct their own studging-outside the class room and without fixet supervision. It is a great method students can use to enhance their learning experience, wheather they are studging for a course on leaving about a topic for fun. By practicing self-study I am encowcaged to explore further topics in which

I am interested and developing stronger study skills as a nesult.

So it must be said that superstant self study is the most important value of my lefe that made me.

This always boosts my self-esteem encourage my curiosity and make me in shape

1) Touth and Honesty: - Both the words are complementary to each empowers and enable us to develop consistency in how we present the buth without honesty there is an absence of trust. If we are seeing being honest othere sense that we have integrit and are touthful, fair, truttwoods and sincere. Now in owevery consuption days this is really need for us. Though it is a very responsible value that shaped me. I lalways try to main the maintain this in my life.

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the assignment work. I would like to
extend my sincere greatitude to

prénciple mahaviej without whom
the work would tiave remained
incomplète.

Date-10/11/2021 - Brobal Mondal

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE RAHARA, KOLKATA



NAME: ABHIRUP PAITANDI

COURSE: M.Sc.

DEPARTMENT: BOTANY

PAPER: SOC III

SUBJECT: VALUE EDUCATION

REGISTRATION NO.: A01-1112-214-020-2020 OF 2020-2021

ROLL NO.: 23

EXAMINATION: MID SEMESTER

DATE: 10.12.2021

♦ What is value?

Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a human want or desire. All things that satisfy human desires are good or have value. Food is good; it has value because it satisfies hunger. Shelter is good because it saves us from inclement weather and wild animals. But this definition does not go deep enough. Values not only give us guidance but also create a parameter for find to be normal, meaningful, and helpful. When we live with these values, we will feel better and shine in our life in a positive way.

Values that shape me:

- ➤ Honesty: Honesty is the simplest thing and it develops a practice of speaking truth throughout the life. It must be said that honesty implies being truthful. Honesty gives strength and improves relationships between people. It helps in bringing them closer to each other. A person who practises honesty in his or her life possess strong moral character. There is a very common phrase- 'Honesty is the best policy'. Honesty helps me developing discipline, kindness, truthfulness, moral-integrity and more. Honesty makes me fearless for being judged, and helps to grow courage and confidence. This value shaped me a lot. I will try to maintain this quality for rest of my life.
- ➤ Cleanliness: One of the best practices, I have learnt in my childhood. 'Cleanliness is next to godliness'- is a common phrase. It is the main indicator of a civilized life. Keeping my dress, bed, room clean, I

have gradually started practicing the cleanliness. By doing so, later I gave focus in my surroundings. There are lots of garbage in our area. I have started an initiative by forming a small group of our friends of collecting garbage in our locality. We separate recyclable and non-recyclables garbage and hand over to the local authority. By this movement, seniors are now also coming forward and helping us in many ways. Cleanliness is not only being neat yourself but also keep your surroundings clean and dwellable.

➤ Work in group: I have learnt group work by the cleaning movement I have mentioned in my previous point. Group has a profound impact in our thoughts, feelings and actions. There is a renowned phrase - 'Unity is strength.' We have learnt so many things during group work. This group work helps me as well as our group members gain so many information which gave me a social identity and I achieved my goals that might elude me if I work alone. It enhanced my idea on that particular topic by discussing with others. It is the most important value in my life that shaped me.

Acknowledgement:

The success and final outcome of this assignment required guidance and assistance of some people. I consider myself fortunate for completion of this project. I respect and thankful to our Principal Maharaj Swami Kamalasthananda for giving us this wonderful opportunity to do this assignment on this topic.



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- @Roll No 738
- @Reg. No A01-1112-117-030-2020
- @Dept. Computer Science(Hons.)

Mid Sem - III

@Subject - VALUES THAT SHAPED ME

MVALUES THAT SHAPED MIE: shiped me fill date and sail be shaping, the three most important values are (i) Being Honest. (ii) Being Bras less. (iii.) Having a "Never Gire up" onentality; the path of my liber till date and rill be shaped my liber. o How the volues shiped me: (i) Being Honest! tent-n't impossible. Having on house mentolily, helpeto me to have a clear view of the fath of my like and shows me, that processful is to be showest to ownself and honest to other too. so, kning a honor mentality super me a los in my ret. (ii) Being fear less; let to dark to take my challenger Which led to micker some time and Cross time failures, tom- still having on Agar less mentality helped me a lot to take and handle any esituation may be "Unis songh or smooth. It helper me to have no years to proteer against the having things and also give me the

topivit to all the right honever hard in is, So, I think each and everyone ound be reasless and Rava enough guts bo protest against the strong things. (iii) Having a "Never Give up mentality. everyone and have a " Never dive up, mentally - It welps me a lot to olupe smyself till date and not be shaping the thing that thought the last time. So, this mentality and the value below me to more surther in my like, Name: → Supesh Mondal pepartment: → Mothermaties Roll No: → 337
Semester: → 3 rd

INTRODUCTION

Natures can be defined as anything that can fullfill our desire or can gives us satisfaction. Our values in form our thoughts, words, and actions.

Our values or pe important because they help us to create to grow and develop. They help us to create the future we want to experience. The decisions we make one a petection of our values and beliefs, and they are always directed and beliefs, and they are always directed to wants a specific purpose.

Our values represent our personal guiding principles or life goals, guiding our behavior in all as pects of life, including our home life, our work like, and our social life.

TRUST: It is one of the most important human values someone cand have. It was always taught from childhood to trust thuse people who were around me, my panents, teachers, triends relatives. Thust means trusting yourself, your own judgment and trusting others. Trust is the foundation for any relationship. A healthy amount of trust can involve feelings of being able to contine in someone, rely upon them, and entrust tuks to the m. In a world without trust no one can survive.

HONESTY: A Major component for developing moreal character is Honesty. Honesty help in developing good attributes like help in developing good attributes like kindness, discipline, thut boulness, moreal integrity and more. Homesty is the soild foundation on which relationships stand, and mutual on which relationships stand, and mutual on which relationships stand, and mutual thust, as well as respect can be builtit is thust, as well as respect can be builtit is thust, as well as the self and to get it back. Once thust is broken, it is hand to get it back. Homesty is the virtue of being thuthful to the self and the society. If we are honest we could lead stress thee comfortable life.

SELF RESPECT: Self- esteem is the degree to which students feel soutisfied with themselves and teel valuable and worthy hespea Self hespect means having confidence in youngs and behaving with grace, honor, dignity. We contront ourselves with negative energy and discourging thoughts about ourselves, where ane important to us. Respecting yourself is a highly crucial step to gain more considence strength and self love. I think respecting myself not only means valuing myself but also making the right decisions and taking the hight steps when it comes in life.

According to clint Fashwood: - "Respect your efforts, nespect yourself self respect. your efforts, nespect yourself self respect. leads to self-decipline. When you have both fimly under your bed, that's neal power."

conclusion: Role of values in my life do not possible to curite because those values in helps in every step to build my character. It helps to get sucess in my life and to concentrate in my study. So, I think these values have shaped me more than any other values.

Values which shaped me

Everything are do in own daily lives have a serious effect on one gesture and behavioure. To accupt us in a reight prompt manner, we could us in a reight prompt manner, we could us in a reight prompt manner, we could us follow some roules are roitval values. It smoother, someone's both to victory, a way more. See A good moral values directs his decisions, mindels about anything for someone. And I am reither now exception of that. The beliefs I well to believe for for any success helps me in believe for for any success helps me in some of the main column of my life one—

- Onselfishmens: Used to become a selfish is everywhere but unselfishness deals another type of piece from inside. It is not only helping others when they are in trouble but to help, support without expecting the same foromothers. I didn't feel it's a Jeontaibution to the society reathers as a small traibute to myself. Because a person don't want to get behaved like what he behaves to other
- Exectivity: De know. "Empty mind is the Devil's workshop so executivity, out engage us to production, invent quality and many g more." I used to execute illustrations overs my fictional, cinematic characters. And calligraphy writtings are beyond it. I can walk straight through weeks with these passions. And nawdays for a proper shaping and get rid of e-stress, one must so have some creativity issues.

Concentration: - Concentrating over anything we're doing is the key to success. To become of full grown person, shorping its life, concentration gives the most important potions. It always helps me to get focussed on my studies, accession or anything I do. And particularly for students, a great concentration is me needed & to uplift their studies and common aspects.

self study: - Self study is another part of morphistic values. It develops a character to justify everything for by himself. And it plays a big roole in diminishing confusions and making concepts. We must crocast a rothine for stelf study of atteast Ghrs aday. It helps a lot in being focused.

Thus there fours I aboy a lot. It helps me a lot to develop several perspectives and values. No matter how the einsemmetence is, but if someone cultivates some unique values in itself, it will always helps in toughtimes and never disappoints.

Name - Sayon Paul eallege Roll No. - 247 Department - Chemistry In an every day life, eix all have some values. Then might be good or bad, but based on these we move forward. The values that ware following, now, down the line, we might not follow that. But if it is a good value, we should stick to it. Atleast we should try to.

Joday, now, I am going to write about three such values which helped me in various way, and according to me one good value.

When I was very young, due to an accident, my nother and I became isolated from the paternal family. This caused a huge turnoil in my tiny mind and my mether was equally affected. So an important value, which is, the spiritual value, helped us to reshape us, back to notional. In such a condition a person need a direction, a light admist the dark. Devotion to God which immunsly helped both of us to reshape us. Amongst all the darkness, this helped up to forget the darkness amound us and oppened a light infront of us. Also, we were afraid of everyone, with no mental strength. But after a time when we found the wall just behind our back we become fearless and since their there are very few thing. I am afraid of and hope to carry the attitude. Bloo in such situation we lost everything we had. Even the most above our head. So, negating these things

Give we meretal attrought which we would love to

Another values of love nature. I love my muroundry despite its all goods and lands. The greatest realist which I do have, which I am able to see the beautiful oky where the hand. Also I think my communication skill is nice and This is a skill which even helped me to gain engenience during the intenship this summer. Abo, I was greatly ben fitted, because of good communication shells during the extempone and school debutes. Moveover, the skill of appreciation of nature can bring great relief on our lives when the sunoundings become ontromby dull dut to many problems in our lives. Even I do think creatifity, appreciation of nature and pursuet for art can min in a single can vas of pointing or the carrier of life. Not only this Walere have not made my life eary but it also has become very adought and enjoyable, and unlike before when every day was a dull, and gloomy and monotoners. now my every day has become a new day.

Another value which has been very helpful in my life is the Moral value. The main skill included in this value is thronty. Though I am not able to be honest to even to myself, I am alway trying to move in this part daily and am hoping that I am able to improve. The other value which have been helpful and I dope I am able to follow and practice is self-study. Throughout my life of believed that tuitin teacher helps us a lot during enem and own depended on them more them as myself to oncel. But now I have tasted the flavour of self-study and am in total love with it and want be in love with it all my life. The other quality nehich helped me self-contentment and simplicity. I have been varied in a condition with simple life because we ouldn't Africal enpursive lifesty 1 so, my mindset have also been simple and now when I have to stay in mess, It has been very helpful. Also self-contentume is may daily companion and It am happy with what I have and probably It this was not in me of propubly when It have minines,

SOUHARDYA GOUNAMI BOTANY DEPARTMENT. ROLL no -421. Ramaknishna Mission Vivekananda Centenary College

Name - SRIJAN SASMAL Reg NO - A01-1112-112-018- 2020 College ROH NO - 236

Subject - Value education

Values which shape me

Monal value: 7 Swami Vivekananda always emphasized on man making education for human development as well as national developement. Swamiji be Lie ved that to make a student good human being, the development of monal values within him is the prior task of education Being a student it is my top priority to develop monal values which will corry me though out my life. I am about to mention 3 moral values which have helped me in my life and molded me to the human being I am today.

Hard Work of Defination of handwork may vory for people from different board economic backgrounds on for different professions but on a greater note hardwork is same for everyone, ie putting all your effort invespective of your work as a student it is my duty to put all my hard work in studies to make a successful career, also to enlighten others with my knowledge. As we all know talent without hard work is futile, so developing the value of hardwork is very important

27 Honesty: > It is taught from very beginning that "Honesty is the best policy". Always try to se honest at the very least with yourself so that when you introspect yourself, you don't have any negrets. Be honest with your studies; your social studies to have peace at your heart and one should always themember honesty never gols fulile.

3> Obliging - willing to do a service on Rindness to others is a hoble work. Obliging others Since a very young age not only has taught me about the importance of working as a team and helping each other But also rigiven me self satisfaction obliging to others is one of the first morral values that one should learn

Acknowledgement

completing this assignment successfully prequired prioper guidence and assistance which I got Pr ample amount from our principle mananaj swami kamalstananda. I would like to convey sincere gnatitude to principal mananaj without whom this assignment wouldn't have completed.

Value Education & Indian Assignment Values which Shape me Values in our life, help us to be confident, competent, practical and professional. 3 main values will be discussed below. 1. Punctuality> @ Why Punctuality? Ly Tunctuality is the starting wilestone of life. Beyond of time management it lets us to live a brand new life that's worth emulating. It provides us stability, security & setf-confidence. @ Implementation in life: 1) To reach important places in perfect time, with out any delay. @> To make a proper routine with suitable time management.

Joyjit Zebnath

Sem-III, Rollno:405

- Of To finish a work with beauty and in perfect
- 1) Purctuality also helps me to be in a disciplined
- @> Sometime it's really hard to end work in proper fime, but we should try own best to finish the work in time, we shouldn't do it ruthlessly; we shouldn't do it ruthlessly; we should try to put some beauty in own work as well.

2. [Cleanliners)

Why dearlines?

4) One of the most important value is clearline
This doesn't matter where we are, but our
swroundings have a sital role. It includes
swroundings have a sital role. It includes
both personal and public hygine as well. There is
a special proverb—

" Cleanlinus is next to godliners"

deanliners also help us to pwify own mind, our body and it destroy evil thoughts and negativity.

1 Implement >

- @> keeping my health & sworoundings dean is the first thing of my priority.
- is also my preference.
- De need to studymaterials, from garden to roads we need to clean it, even in my school cleaniness was a desciptinary rule.
- Every bouse together makes a society. Every society together makes a place. Every place together makes a district and it confirmes to a nation and then to a globe. Confirmes to a nation and then to a globe will be If we all keep ourselves dean our globe will be clean.

3. [Truth.)

→ Truth proves the authenticity of a person.

Trustworthiners is always established by truth.

Truth is something that we can't hide. It will come in front again and again. > Sometimes it is harder to realise the truth. But, Truth is one, paths are many" - Mahatma Gandhi > Implement> @ Truth reflects a personality. So, we need to Speak toth to be a good person, In my life I have realised false & fake Statements easily sinks. but Truth, mot, honesty never. @ I feel qu'ity when ever I want to move away from truth. So, I never move away from "Ramakrich and " " Ramakrich and " Ramakrich and " Ramakrishmader" and "Maa sarada", even "Atmabikash", "Gita", "Indian culture" books in School time, shows a way to be honest and to speak truth.

@ I also don't want to deportrait, my personality with the black sexatch of fake & false.

VALUES THAT SHAPE ME

PROHARSHA DEY

ROU no.: 414

Department: Botany B.Sc. 3rd Sem.

Values are the principles and practices that we believe to be important in the way that we live and work.

Values may be - spiritual, Asthetic, Moral Social and Cognitive.

Values help us to live a disciplined, dignified and well organised life.

Three values that shape me most are 1 Hard work @ Selflessness 3 Group work Concentration

1 Hard work and concentration:

- · Harrd work is the master key to any
- . If we hard work on something we can deffinatively acchive that.
- · That's why what ever I do I try to work hard on it.
- · Concentration make work easy, wheather it is a hard problem of genetics or a long answer of ornatomy.
- e I do meditation before my study it helps me to concentrate in my study.
- · Hard work and concentration can help me acchiving my goals in my future.

@ Selflessness:

- · Selflessness is a key to success and happiness in every aspect of life.
- · Being seldless helps us identify and connect with others which make us happy.
- . It helps us to squash our egos because we we not acting out of pride or for a desire to be notices.
- · Selflessness helps us to act from our heart and soul instead of our ego.

- · Selflessness makes us a great leaser who work for ex the improvement and benifit of every body.
- of thelps us to get rid of the world word "Me" or "My", It learns us how to share knowledge, education.
- · Selflessness is not thinking less of yourself but thinking of yourself less.
- · I scence my childhood follow this value. It bring peace and happiness in my life. It learns me how to help other
- "The way to achive timat we want to achive is by helping other achieve what they want to achieve"
- · I hope this value will shape me in my future more and more.
- 3 Group work: Working in a group help us to overcome any hard problem in our life as well as € it helps to improve our skills and personal growth.
 - · Working in a team makes me social more and

- It helps me to develope my personality through interacting with different people.
- # It helps to flow new ideas
- It helps me in decision making.
- The work load is distributed in the team so the stress is less.
- e Team work make us united.

I follow highly this value me and my few triends work in a group to make notes of different Hons, paper. Different friend of mine makes notes of different papers. Then we share that different papers. Then we share that among we selflessly so together we can study with less stress and load.

I hope in future we can over come any problem in our life through group work.

I have govern

__ x -



RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

MID SEMESTER ASSIGNMENT



TOPIC – VALUES WHICH SHAPE ME

NAME – SQUMYADEEP KUNDU

REPT - PHYSICS

REG NQ – AQ1-1112-111-Q3Q-2Q2Q

CQLLEGE RQLL NUMBER – 145

SUBJECT - SEC

-: VALUES WHICH SHAPE ME !-

Introduction: Values are basic and fundamental beliefs that guide or motivate attitudes or actions. They are reflected in our descision making and help us in finding our true purpose in life and become a responsible and developed individual. Here are three different kinds of values that I like to follow and these values shaped my life.

Honesty: In the realm of human values. I think honesty is the most important. Honesty is demonstrate ed by what we say and what we do. It impacts our & entire life, our studies, our relationships, our own feelings about ourselves and the actions we take. We can gain honerty by following few steps like speaking the truth and refusing to lie, admitting when we are wrong, choosing not to cheat, returning something that belongs to others, saying unpopular truths, sharing constructive feedback etc. I won't lie that it was possible for me to remain. true to others and myself all the time but I have always tried. And through that try I think I may have come closer to my goal or atteast some step closer to it.

Cleanliness: - Cleanliness is the practice of being clean or being kept clean. Cleanliness gives rise to a good character by keeping body, mind, and soul clean. and peaceful. We can of make ourselves ticky by working hands regularly with soap or handwash, toking both energylay, brushing teeth twice or day and in many other words. It helps kills bacterias and in many other words. It helps kills bacterias and germs and keeps us healthy. Cleanliness helps us to keep our environment and surroundings clean and one green and it boosts mental health also.

I was always try to keep my room clean, that gives me more energy and concentration. So, I think cleanlines is one type of value that completes my successfull life.

Self-respect: Self respect means having confidence in yourself and behaving with grace, honour, dignity. When we have healthy self-exteem, we feel good about ourself and see ourself as deserving the respect of others. I donot let people to define my boundaries because I am the most important person in my life. So, I use to set my dreams and goals respecting my descisions as well as others. Respecting ownself is the most crucial step to gain more confidence, strength and self lexes love.

According to Clint Eastwood - "Respect your efforts,

According to Clint Eastwood - "Kespect your efforts, respect yourself. Self respect leads to self discipline. When you have both finally under your belf, that's real power."

Conclusion: - Role of values in, my life do not possible to write because those values helps so in. every step to built my character. It directly impacts on my studies, reladionships as well as my behaviour. It makes me a befter person everyday. So I think these values shaped my life very well.

Registration No:- A01-1112-214-019-2020

College Roll No:- 21

Semestero :- III

Course :- M.sc (BOTANY)

Subject :- Value Education

Values reflect our sense of right and wrong. They help us grow and dunlop, other help us create the fetture we want. The decisions we make every day are reflection of our values.

Undividual values reflect have use live our life and what we consider important for our cour self interests. Individual values include enthusiasm, creativity, humility and fersonal fulfillment.

Value education also helps the students to become more and mare responsible and sensible. It helps them to understand the furportione of life in a better way and lead a succeptul life as responsible citizen. It also helps students to duelop a strong orbationship with family and friends.

Others are many important values which inspire and shapes human vives. Among such important values, the values which had shaped me and will continue to shape me in future. Among the list of such important values — Honesty, Non violence and courage are the most impostant values of my life.

HONESTY: "No Legacy is so rich as Honesty"
— Wiwiam Shakesbeare.

Honesty refus to a dimensions of moral character and connotes fawitine bund virtuous attributed. Such as integrity, thruthfulness, and straight forwardness, along with the absence of lying, cheating on the ft.

Honesty is admirable in many cultures and religions. Honesty means being thruthful, thrustworthy, Layal and fein and sincere. It also means straight forward conduct.

brown of unknown origin.

"Honesty in the first chapters in the book of wish om - Thomas Jefferson. Honosty in one of the cruital aments that is important for all of us to famus. Honosty down't come naturally, but it is an internalised forcum of adopting it through an broad overview. A ferson with honesty is respected by all. An hanst ferson is always known for his here honesty just like a sun is known for its eternal light and unlibrited energy.

Hornsly plays are important rate in everyone's life and it is a character which is visible with open eyes the are open book. Ho nestly given identific eathers to the moral characters of a fesson. An honest benon moves freely in saviety live a flower in a garden spreading his her frequence in all directions.

Hornsly is a frontitre which is built slowly and fatiently, firstly at home and then school. For all human problems, Honsly is an ultimate salution. Youths of any country are the future of that country so that they can read their country in a bettler usay.

Teachings from the Life of Swant Nuckananda on Honory! - Once. Swams Nuckananda, Known as Warendranath Dutter during his youngers days, was talking to his chassmates during recess. After the recers, the students went back to their clamrooms, and the teachers began to teach However, Narendra continued to whiters to his chammates Ad of them were egramed in Narendra's story and did not pay attention to what the teacher was saying. Annayed, the Feacher asked the students to repeat what he had j'ust Said.

None of them except Narendra cauld answer. Ithis was because of Narendra's remarkable duality of listening to his teachers even while he wern talking with his friends. The teacher then asked the students a who were unifuring?" Everyone painted their finger at Narendra but the teacher refused to believe it. To french the students, the teacher asked all of them, except Narendra to I tand up on the bench with his chammates. When the teachers asked wim to sit down, he said - 4 Bir, it was I who was talking, so I shawd also stand up.

Young Namendra could have estated bunishment on he had answered the dustion correctly. However he chains to tell the truth and face the conscopences. of his actions.

Others, from this story of swamt vivekananda, we can get a moral value pracue education that we should always be honest and true to courself and oneself, despite what the autcome might be. It is always important to be honest for being a successful induvidual. So, In my life "Honesty" is one of the important value of my life "Honesty" is one of the important value of my life autoch have shoped me and will always consinue to state me and entance me in my future.

NON VIOLENCE :-" I bolien that nonviolence is ingénitely superior to violence, torginuous is more many than purishment" - Matarma Gandhi

Non Viblence is availing the use of violence. Violence is an expression of thought through behaviour which hurts another physically and for mentally. Non violence is the expression of one's noblers feelings through behaviour which shows low, Kindness, consideration and forgluness. Its fractice enhances the estern of the fersion in the solver. It brings about understanding, Love, Benitence and concern in those a rating.

"Non violence means avaiding not only external physical rioknee but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him." Dr Martin Luker King, Jr

Nonviolence is both a forinifile and a proctice. The frinciple of nonviolence affirms the active use of non coercine and non-aggrenive means to create a more feareful context. It is based on the amumption that justice will eventually forevail, that chances should be made from a place of love rather than hate, that the heirtful action, not the ferson, should be subdued and that valuntary Suffering has value as an important facet of life.

Nonviolence invalues ACTIVELY peoceful schausaur in the mildet of conflict, becoming an example of consideration to those around no and breaking the destructive by the of retailiation when we bevieur un have been wronged. It also means auvareness of auro own inner violence, and elimpnating its negative effects upon

our oun intentions.

Appling these principles of non-violence can reduce conflict anger and violence on personal, local, notional and global seculi.

Nonviolence has come to be recognized as a faculable stragey for students, communities, disenfranchised groups and whole societies.

During the some contusy, the successful soveral manuments of Gandle

in India and Martin Luther king Ir. the United States led to the fubules realization of completely new dimensions of nonviolent conflict resolution.

We may never be strong enough to be entirely nonviolent in throught, word and deed. But we must keep nonviolence as our goal and make strong progress tawards it.

— Mahatma Gandhi

Non violence, on the attor hand, seeks atternative means of resalusing conflicts between individuals or groups having different objectives.

The non-violent approach is bessed on respect and caring for an opponent, even under difficult circumstances.

Choosing to lead a life of non-violence means chaosing a life that is bossed on whole set of values, one of which is non-violence. An individual doesn't aim to be non-violent while also living a life of competition, deceit and manipulation. So, "Non Violence" is another important moral value of my life which have shaped me and well always continue to shape me and enhance me in my near future.

COURAGE:- "Gourage is what it takes to stand up and speak; courage is also what it takes to sit down and listen" — Wiston churchi'll.

Contrage is highly brized value and many famous and respected for ple have spaken or written about it own the years. We probably all have an idea of what we mean by caurage on bravery, as it is sometimes known. Caurageous beaple stand up against things that threaten them on the things or feofile that they care about. Caurage, in the sense of auting in a way that responds to rise appropriatly, not away confidently or in a cowardly way, will also help us to accomplish "good" things.

absence of fear, but the triumph occupit. The brown man is not the who does not feel of rald, but he who conquers that fear - Nelson Mandela

Courage is the secret sauce that allaws us to act despite aur fear of fears. Caurage gives us the ability to but aside aur fear of failure and take the first steps. Caurage helps us awarome the fear of rejection and enrage aur stake halders. Courage allaws us to attempt things that we have not tried before, despite aur fear of Loaking foolish.

the scoriest moment is always just before your start. After that things can only get better."

— Stephen King.

Teachings from the life of Swami Virekananda on Cauroge: Once in Varanasi, as Virekanda come aut of a temple, he was
Surraunded by many monkeys. To avoid them, Swami Virekananda
Started running and the monkeys started chaning him. On
Seeing this, an ald women teeld Swami Virekananda to
Stop and face the monkeys, fallowing the adulce, he stopped
and turned around to face the monkeys. And the monkeys ran
away. Many years later Swami Virekananda said - "off you
ever feel ofreid of anything, always turn around and face
it. Never think of running away".

Problems fallow we wherever we go and whenevers use do., and whatever use do. Running away never salves any froblems. So, face the trembles and deal with them can only be a ferfort solution. We should always train to face hurdles wheather in school, college, comies, career, saciety or fersonal life, with courage and skal with them instead of futting them off for later. So, Coros Courage in another important moral value in my life, which have helped me to shape my life and will continue to shape me in my future.

Value education & Indian

culture:-

Name: SAYAK SAHA

DEPT.: BOTANY 3RD SEM.

ROLL NO:443

TOPIC: Values which shape me

• INDEPENDENT THINKING:

Independent thanking is one of the great & effective value ,which helps me to grow up in future. It helps me , to make a thought which , I can used in my education field . It makes a man properly . It also helps to progress our own work profilie. If a person haven't his own thinking they couldn't grow up his own goal .

So, I think it helps me to take a proper guidance to fulfill my goal.

• Communication skill:

Communication skill is a value which helps me to learn many languages which takes a part to fulfill my goal. To talk anyo ne it helps much more. It also helps to grow up our manner. which also a essential aspect in our behavior. Now a day we saw, it helps a student very prominently.

• Obedience :

Obedience is a value which, as much as important other values.

We should always obey our elders and parents also teachers. If anyone not to follow this, They never make a perfect behavior. Obedience helps to make a surroundings, which very effective to learn any thiq for our ambition. Although, it's a essential norms.

Conclusion :

There are many values, every values are important to

make our life better than others.

But among them the three values, which I described, they are much effective to shape my life.

Those, Values are very appropriate to make a consistency in my studies.

VALUES WHICH SHAPE ME#

Values are about what we consider important to the life we want to live. They inform our priorities and, when practiced consistently, from the character we want to have They're rooted in your core besiefs about what makes for a life well - lived and about the behavior we want to model for others.

There are some values which have shaped me towhat i am today. Here only twee values are described in detail below.

1 Kindness: kindness is about treating others the way I want to be treated. It's more than just holding my tongue when I am tempted to say something unkind; kindness looks for ways to make life better for others. It takes designe in cifting others up and reminding them they renot alone, invisible or insingnificand. Kindness and compassion are closely related; the latter involves the readiness to see a situation from someone else's perspective and to give them the benefit of the doubt. " I treat others as I want to be

texted - with thoughtuness, patience, and respect si

2) Respect:

If I want to be known for treating all human beings with respect, I probably base that respect on something more fundamental than some one's rank or social Status.

Otherwise, why would I consider it a priority to treat au humans with equal respect — regardless of their age, income, or background?

"I treat an living beings with same respect with which I like to be treated."

3. Forgiveness:

resentment toward those who have murt or offended me.

I am not saying what they did was okay or not a big deal; I am reknow ledging that what they did was hurtful but choosing to forgive them in order to be free of the anger and resentment that are making me miserable. In forgiving them, I take back my power and choose happiness and peace of soul for myself, even if the one who hurt me has never shown the slightest hint of remorse.

Name- Nitik Brandary College Roll ND: 255 Chemistry department Reg NO: A01-1112-112-035-2020 Name: SOUBHAGIYA PAUL
Sub: Value - oducation (House values which shoped me).
RKMVCC Roll > 737 dept. > Comp. Sci.
Rug. nos - A01-1152-117-024-2020

Health and energy:

It is a most imposition traline for those who have experienced serious health problems and it should be the most imposition traline for all of us. Without physical health it is very unlikely you can experience and health it is very unlikely you can experience and enjoy all others values at their deepest sevels.

Cornect health gives you energy and vitality which combles you to think deeper into more important enables you to think deeper into more energy and though in the like and give more energy and times those you love. Make the value at thealth time those you love. Make the value at thealth one energy a priority in your life by learning and energy a priority in your life by learning adapt to your booty.

Integrity of

Knowing you do the oright thing even when no

Knowing you do the oright throw. The

one is watching and no one will know. The

inner huming your alevays do what is vight

that brings pride and it brings pride and it

that brings pride and it brings pride and it

brings pride and it brings pride and it

brings pride what is right, it is seach a

you value what is right, it is such a

powerfull value that not only makes a

Jidrawae in your own life but also sets a

powerdall enough to all those close to gov. It brings hoursty and trust. This ties in with binchess and compression as human the are built to give . Not just give money and things but give ownselfs fully to other in need to Some, sellessly. Karma alugs ensevres what you give Ois occlaimed Obert Host is, not why your give you give because that is your notwee. It's not an edwet it's natural it feels good, and you know their is no lack. This flore values sloped one to became today what I am.

VALUES WHICH SHAPE ME

Keep your thoughts positive because your thoughts become your woulds. Keep your would positive because your would become your behavior keep your behavior positive because your behavior becomes your habits.

Keep your habits positive because your habits become your VALVES. Keep your VALVES positive because your VALVES become your DESTINY."

- MAHATMA GANDHI, Father of the Nation.

and learner I encounter several circumstances each day which test my patience my charachter and my peace of mind. For me my values guide me and supper my periorities and meactions, and paves me The way for future entrusiasm and creativity.

" open your roung to change, but don't let

Tam peroud to be bleased by some of the values which an ideal penson must have for the sake of mankind and they are -

Forgiveness Devotion, Effort, Friend ship, Integrity Patience, Optimism & Hope, Bacui lice and Telesance, and Unity.

values which I puellenise The most -

me the way of future?

"Lies nun specints, but the town nous marathous

Tournfulness is very much important as it is directly shelated to aperson's monat characters. A territorial penson is respected tousted, regarded by people everywhere Truthfulness shines like sun-light to never.

In my point of view I tay to be always tournful. I team to be always my excursion days in my school I are vigonous fast foods when I was not supposed to do that as my house physician had told. But later I confessed it to my panents and they for agave me citing it as a "one-day faurt". This

@ OPTIMISM > "When God hands you lemons, you make lemonade" - Anonymous

fourthfulness is chaping my moral character and paving

You must take whot you have been given and more The best of it. Optimistic attitude is always wins over the pa pessionstic one. Er like every coin an action also has an optimistic and a pessions the side but we should always focus on the first one. I myself had preven my optimism by making a scientific model in my school exhibition by hecyclaste and unded in my school exhibition by hecyclaste and unused a materials which earned me a first perize, not for my penfection and exile but for my innovativeness idea and optimism. So always focus on the glass is half filled nature than the glass is half empty".

"I can do Things you cannot, you can do Things I cannot; Together we can do great Things."

- Mother Teresa

There is indeed strongth in numbers. Working together to adve a common peronen ensures a guester chance of success. Making The effort to being people together will always be worse effective Than finding ways to pur people apost. 187 was aquainted with the hostel life and boarding school I know The value of the value named unity. Everything we did in that period was full of unity and so it ultimately ended in Buccess. Bonn in a country like It INDIA, where unity in diversity is prevalent I am quite blessed with the power of unity. This value is shaping. me in my present 0180 and showing the light for my future life. Bo, its The perovers mat you can break the sticks when they are do fine but you con't break The bundle.

when our actions and words are alliqued with our values life is generally good and we feel content, confident and satisfied. Bo, in the words of Roy Disney-

"It's not hand to make decisions when you know what your values are".

-X-



RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

MID SEMESTER ASSIGNMENT



TOPIC - VALUES WHICH SHAPE ME

NAME – SAUBHIK GHOSH

REG NO – A01-1112-115-035-2020

COLLEGE ROLL NUMBER – 554

SUBJECT - SEC

- " VALUES WHICH SHAPED ME :-

Introduction: -

Values one like lighthouse, they are signals giving us directions, meaning and purpose'

- Reconsiter formal.

values can be defined as everything that Can fulfill own desire on coungive us the satisfaction. Values work as an invisible guardian to fulfill own goals. Nothing is given to man on earth struggle is built into own notwie of life and conflict is possible. But the man who prevents out the obstacles and be the hero in the society. Due to the values he has choosen. Like the above quotes, values will be compare to the light from when signals us to a peacefull and simple life. Everything that can nelp us to fulfill own needs had a value to Us.

These are many different values which can help us to be better person. These values help us to being self stead-sation as well as to control owiselves. Practicing so many values at once is a very difficult work to do. We should go step by step. To be a human, values are the most important part of life. And my life is not exception. Heree one theree different values that I like to follow and this values have shaped me who i am.

A Self respect:

self respect means having confidence in yourself and behaving with grace, nonor and dignity. We confront ourselves with negative energy and discouraging. Thoughts about ourselves, whome are would never use negative woods on people who one important pensons in your life. Respecting yourself is a highly countial step to gain more confidence, strength and

self love. I think self nespect is most valuable thing in my life because of this I am studying in 'Ramakolishna Mission Vive Kananda Centenary College! Which is one of the best college in west Bengal. I think nespecting myself not only means valuing myself but also making the light disicion and taking the light steps in my life.

According to elint Eastwood, Respect your esforts, when yourself. Self glespect leads to self decipline. When you have both flimly under yourself, that's neal power.

I unselfishoress!:-

In the spealon of human values, of think honesty is the most impostant. Honesty is demonstration by what we say and what we do unselfishness is the popartice of not putting yourself first and willing to help others without Hos expecting any spewards. Although it is very

different thing to do, I think it is the most impositant value everyone should follow. A self centered narrow mind always brings violence, bitten relationships with each. Other, which makes the woodd distieut to live. Everything is better when everyone is happy. A Mandom act of kindness can change the would fool a penson. It can head the deepest 0-5 grief for someone. If we see someone needs my help and 9 am carpable to help him, then the best thing is to help him. If we imagine what my situation would have been 18 9 was the person then helping him becomes easy. Selflessness is one of the most impositant value that can help imposove relationships with my forjends, teachers and any other peopsons. I think a may you be happy' and " 9 am in this for you" so, this is most impostant to build my carrier till now.

M Honesto -

think honesty is most important. Honesty is

demonstrated by what we say and what we do. It impacts our entire life, our Studies, our orelationships, our entine life, own feelings about outselves and the actions we take we can gain honesty. by following few steps like speaking the touth and releasing and refusing to lie, admitting when we are wrong, choosing not to cheat, returning something that belongs to others, saying unpopular touth, Sharing constanctive feedback. I wont lie that it work possible for me to remain. true to others and myself all time but I have always tried and thorough that long I think I may have come glosen to my goal on atteast some steps closen to it. A |conclusion |:-

Role of values in my life do not possible to orightly. Write because those values nelps in every steps to built my character. It directs impact on my studies, relations and my behavior. It makes me better person everyday and shaped me very well.



RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

MID SEMESTER ASSIGNMENT



TOPIC – VALUES WHICH SHAPE ME

NAME - RITAM SARKAR

REG NO - A01-1112-112-009-2020

COLLEGE ROLL NUMBER - 221

SUBJECT - SEC

: VALUES WHICH SHAPE ME:

Introduction: Values are basic and fundamental beliefs that guide on motivate attitudes on actions. They help us to determine what is important to us. Values are extremely important because they help us grow and develop and guide own beliefs, attitude and behaviour. Own values are reflected in own descision making and help us in finding own thrue purpose in life and become a responsible and developed individual. Here are twee different kinds of values that I like to tollow and these values shaped my life.

SELF Study: It is learning method where students direct their own studying-outside the classroom and without direct supervision. It is the first value that makes me an independent student. Since from childhood of using self study I am able to go beyond simply learning what my class text books and instructors teach me. By practicing self so study I am encouraged to explore fronten topics in which I am interested and developing stronger study skills as a result. The most advantageous result which I have got throughout self study is I can take control over my own learning. So, it must be said that self study is the most important value of my life that made me. This self study always boosts my self-esteem, encourage my curiosity and make me in stope.

Cleanliness : Cleanliness is the practice of being clean on being kept clean. Cleandiness gives rise to a good character by keeping body, mind, and soul clean and reactful. We can make ownselves hidy by washing hands regularly with soap on handwash, taking bath every day, brushing teeth twice a day, keeping the home and surroundings clean and in many other ways. It kills bacterias and germs and keep us healthy. Cleanliness helps us to keep own environment and sworoundings clean and green. And it boosts mental health. Also I always try to keep my room clean, that gives me more energy and concentration. So, I think cleanliness is one type of value that completes my successful lite

Truth and Homesty :- Both the words are complementand it develops a practice of speaking truth twough -out the life. It must be said that homesty implies being truthful. Homesty strengths and improves relationships between People. It helps in bringing them closer maxing a unity in between them. This is another value that shaped me. It is the most imp another variety thing for own student life to ontant and useful thing for own student life to be a honest person. He told us that a person who practices honesty in his life possess strong moral character. There is a void common phase - Honesty is the best Policy". Honesty helps me in developing good at this butes like kindness, discipline, thuth tulness, moral integrity and more Honesty removes fear from my heart and makes me cowageous and contident.

Now in own very corruption days this is really need for us. Though it is a very responsible value that shaped me, I always try to maintain this policy. Conclusion: Rale of values in my life do not rossible to white because those values helps me in every step to built my character. It directly impacts on my studies, relationships as well as my behaviour. It makes one a better person every day. So I think these values snaped life very well.



RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

MID SEMESTER ASSIGNMENT



TOPIC - VALUES WHICH SHAPE ME

NAME - DEEP KUMAR DEY

REG NO - A01-1112-113-012-2020

COLLEGE ROLL NUMBER - 321

SUBJECT - SEC

- VALUES WHICH SHAPE ME ?-

Introduction -

"Values are like lighthouse, they are signals giving us direction, meaning and purpose."

- Reefulter journal

values ean be defined as anything that ean Pullfill out desine of can give us satisfaction. Values work as an invisible guardian to Pulfill out goals. Nothing is given to man on earth struggle is built into the nature of life and conflict is possible. But the man who prevents all the obstacles and be the heto in the society, due to the values he has choosen. Like the above anotes, values will be compare to a lighthouse which signal us to a peace ful signple life. Everything that can help us to Philipill out needs has a value to us.

there are many different values ashien can nelp us to be better person. These values help us to bring self realisation as well as to control ourselves. Practicing so many values at once is a difficult thing to do. we should go step by step. to be a human, values are the amost important pant of life, and my life is not exceptional there are three different values that I like to follow and this values have shaped me who I am.

Self hespeet -

self hespeet means naving confidence in yourself and wehaving with grace I honor, dignity we confront ourselves with negative energy and discourging thoughts about ourselves, where are would never use negative words on people who are important to us. However, it is highly valuable to heep in mind that you are most important person in your life. Respecting yourself is a highly crucial step to gain

more confidence strength and self love. I think self-respect is most valuable in my life because of this I am studying in (Ramakishna mission vive kananda centenary college! which is the best institute in west bengal. I thing respecting my self-not only means valuing myself but also making the Hgut decision and taking the Hgut Steps when it comes in life.

when yourself , self hespeet leads to self decipine. when you have both fiminy under your self, that's hear power. "

Honesty -

In the healm of human values. I-think nonesty is the most important. Honesty is demonstration by what we say and what we do. It impacts out entire life, but studies out helationships, out own feeling about burselves and the actions we take. We can gain honesty by following few steps like speaking the thuth and hefusing to the admitting when we are wrong envosing not to cheat, heturning something that befongs to others, saying unpopular truths. Shating constructive feedback etc. I won't lie that it was possible for me to temain the to others and myself all the time but I have always tired. And through that ty I think I may have come closer to my goal or atleast some step closer to it.

Un selfishness -

sinselfishness is the plactice of not putting

yourself first and willing to help other without expecting any heward. Although it is a very. different think to do I think it is one of the most important value everyone should follow. A self centered narrow mind always brings violence, bitter helation snip with each other which makes the world difficult to live. Everything is better when everyone is nappy. A random get of kindness can engage the world for a person. It ean near the deepest of grief for someone. If we see some one needs my help and I am eapable of helping then the best thing is to help him. If we imagine what my situation would have been if I was the Person then happing thim becomes easy. Self-less ness is one type of most important value that ean help improve relationship with my friends, teachers, and any other Person. I think "may you be happy" and "I am in this for you." so, this is most important to build my carrier till now.

conclusion -

pole of values in my life do not possible to white because those values helps in every step to build my enatacter. It helps to get success in my life and to concentrate in my study. So, I think these values have shafted me more than any other values.

VALUES WHICH SHAPE ME

Rudrangshu Bandyopadhyay

Department of Zoology (Post Graduate)

Semester III

Roll No: 05

Values are generally considered as a economic expression that denotes the price of something in any market at current time. It changes time to time, places to places. But in human life there are certain values which do not change over time, rather eternal. Those values shape a person, represent his/her past and determine the future also. Values represent the background of a person or which society he/she belongs to. As well as values determine the importance of a person in every society or even in family too.

Like many others I also hold some values, which shapes my character i.e. what I am today and also they shape the future path of my life to achieve the highest goal. In the following section I have discussed about the values which I consider as most important in my life.

Fearlessness: Fear is the something that opposes growth. Fear creates all inhibitions. And every fear is essentially a fear of death. If we can somehow overcome this fear of death, all other fears fade away automatically.

In my life I consider fearlessness as one of the topmost values. I try to think and analyze the every cause of fear logically then think to overcome it with the least possible effort. This practice is somehow helpful to override the fear of failure in my life. Fearlessness gives me confidence. I think fearlessness of death also help me to be awaken in spiritual way to do self realization. And the self realization of myself as a soul in the entire cosmos like many others is the one and only ultimate goal of human life.

Appreciation of nature: Nature has its own means of balance. There are five basic components in nature - earth, water, fire, air and space. And these all five components are present in every living and non living object in nature. Hundreds of millions of species, all are from those five basic components, will be enriching the natural reservoir after their death - this signifies the great cycle mother nature. We can't even imagine how many individual values nature teach us everyday. We can just observe and imitate them in our life. As a human being we are not different from those millions of species, but the aesthetic sense in us that is lacked in most of the species of mother nature makes us a true human.

That's why appreciation of nature with aesthetic sense seems to be one of the most important value for me.

Patriotism: The love for motherland is considered as one the topmost values for me. For me being an Indian is not a citizenship of a piece of land. It is my identity which I have owned luckily by birth. The land of oldest civilization which showed the light of wisdom to the entire world, land of dharma which teaches everyone the greatest virtues of human life, land of thousands of living species which are endemic to India, a place where innumerable number of ethnic classes coexist with each other but still they identify themselves as descendants of one ancient civilization - that is India.

Feeling something for India, identify myself to be part of Indian society is probably the most important value in my life. Whatever I do in my life it would be for the betterment of my country and the countrymen. All success and achievement in my life would be considered an extra feather in the crown of my country. And needless to say such way of thinking about the nation and patriotism shapes the future way of my life.

Name - Sayam Birwars.

Roll No. - 446.

Reg No. - A01-1112-114-033-2020

Department - Botany.

- VALUES WHICH SHAPE ME :-

values can be defined as anythigntroduction :--ng that can full fill own desire or can give us stirbaction. Everything that cam help to fullfil own needs has a value to us. There are many different values which can help us to be better person. These values help us to bring self-rea--lisation as well as to control ownselves. values work as an invisible quardian to fullfil our goals. Pouracticing so many values at once is a difficult thing to do. we should go step by step. Here are twice different values that 9 like to follow and this values have shaped me who g am.

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Everything is better when everyone is hoppy. A nomdom act of kindnen can change the worldfor a person. 9+ can head the deepest of grief for someone. If we see someone needs my helps and 9 am capable of helping then the best thing is to help evim. If we imagine what my situation would have been if I was the penon then helping him becomes easy. Selflernness is one type of mont imposition+ value that can help improve relationship with my friends, teachers and any other persons. 9 terink, a May you be happy" and "9 am in teris for you". So, teris most impor-- tant to build my carrier till now.

Self respect means having confidence in yourself and behaving with grace, wo nor, dignity. We confront ourselver with negative energy and discourging thoughts about ourselver, where are would never use negative words on people who are important to us. However, it is highly valuable to keep in mind that you are most important person.

Respecting yourself in a highly crucial step to gain more confidence attength and self love. 9 think, self-respect in most valuable in my life because of this 9 am studing in 'Ramkrishm this world. 9 think respecting myself not only means valuing myself but also making the right decisions and taking the right steps when it comes in life.

According to clint Eastwood, - "Respect your efforts, respect yourself self respect leads to self-decipline. When you have both fimly under your belf, that's real power."

cleanliness :-

clearliness in the practice of being clean or being kept cleam. Cleanliness in one of the most important value because cleanliness helps to keep both physical and mental health healthy. Clean environment helps to calm own mind down, it helps to maintain a proper hygiene and it also increase the asthetic value of environment as well. of we cannot keep us physically and mentally

fit then we could not able to do anything. Cleanlinean is also helps to keep the environment clean which is very much necessary for staying healthy. I think cleanlinean is one type of value that complete my successful life.

Conclusion :-

Role of values in my life do not possible to write because those values helps in every step to build my character. It helps to get sucen in my life and to concentrate in my study. So, I think these values have shaped me more than any other values.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE, RAHARA

NAME = DIPTENDRA SADHUKHAN

ROLL NO. ! = 178

SUBJECT = PHYSICS HONS.

REG. NO. = A01-1152-111-057-2020

PAPER = SEC-1

SEMESTER = THIRD

DEPARTMENT = PHYSICS

: Values which Shape Me:

Introduction: Values can be defined as anything that can fullfill our desire or can gives us satisfaction. Everything that can help to fullfill our needs has a value to us. There are many different values which can help us to be better person. Values can work as an invisible guardian to fullfill our goals. Practing so many values ad once is a difficult thing to do. We should go step by step. I like to follow a this values have shaped me who am f.

Simplicity: At first I tell about simplicity. That simplieity is a great virtue which one can abserve in life. We can rightly advised by the wioe elders to be lieve in simple living and thigh thinking, we should take simple a casy thinkings and mammer in our life. We should observe simplicity in our speech and mammers. We should be polite and humble in our talk, we should not boast, nor should we try to bully others. We should never lose our temper under any circumstances. And I must be followed that the last line that we should be honest and straight forward in our delings.

self Respect: self Respect is a quality which is extremely important for the dignity, confidence and personality of an Indivitual. People with self respect Rave the courage of accepting their mistakes. Without self respect, one becames an unwilling audience of one's failing both real and imaginary. I think respective myself not oney means valuing myself but also making the right decision and taking the right stops when its cames in life. To sum up, self Respect is necessary for the happiness of People.

no matter how difficult it may be to a chieve. Determination is among the most important traits a person can bear. With determination came strong will, optimism and good set of priorities. When people reaching for their goals and pushing themselves to do their very best. Determination is a very powerful characteristic, one that truly impact in my own life to reach me here. And I should take care my division with my determination to a chieve my goals in future.

Conclusion: Roles of values in my life do not possible to write because those values helps in every step to build my character. It helps to get success in my life and to concentrate in my study. So, I think these values have shaped me more than any other values.

Mid Semester Examination, 2021 Reg. NO - AOI-1112-212-015-2020 College Roll NO - 19 Paper Code - SEC Semester - IL Date - 09-12-2021

- Three values which haved shaped me Anat I am today and will continue to shape me towards the goal of my life have been described below
 - 1. Spiritual: from childhood I believed in spirituality. I used to head the brown of Swamiji negularly which imprived me lot. Those brown and those lines which swamiji has told shaped those brown and those lines which swamiji has told shaped me what I am today. I need to do prayer negularly me what I am today. I need to do prayer negularly with in my which controls my mind deeply and the aesthetic seneral this prayer ise spirituality has been developed with in my this prayer ise spirituality has been developed with in my wind gradually. From this sene of spirituality as I moving wind gradually. From this sene of spirituality as I moving the goal of my life. I hope these value will continue towards the goal of my life.
 - 2. Moral: Everybody should have morality in his life. In the Childhood I did not have any idea about morality which should have been known of every human being. Ithen I day by day greatnally growing up I have known about the by day greatnally growing up I have known about the life stody of swamiji, broom that I am impired very much. I life stody of swamiji, broom that I am inspired very much. I have understood the importance of negation physical and mental I have understood the importance of negation physical and mental enervies. These haved shaped me what I am today. I do yogosana, meditation negationly in my daily treatine. I hope the pratices of doing these will continue to shape me towards the goal of my life.
 - 3. Social: Humans are social creatures. We have some responsibilities towards society. From childhood I learned how to live together with all and help others brom my Porents. Days together with all and help others brom my Porents. Days by days I am emphasing with it, which shaped me what I am today. I always trujuly to do good and help bor I am today. I always trujuly to do good and help bor others. Happiness is also an important Port of everybody life. I try to spread happiness among the Peoples Located i around me. I hope this will continue shape me towards the goal of my life.

Topic: Values which shape me

Three values which have shoped me what I om today and will continue to shape me towards the goal of my life are followings:

I am today and well continue to Mape me to ache -ve my good in life are mainly the instrince values.

existence of Atman on spirit within me and within all of the living organisms of earth. I also do belove the bruhman, the constant behind the charging natural pleasmena. I can realise the unity between these two things and this writy have always believed the to provide hental and physical strength and nemarkable ability to withstand any kind of failure on damage.

Whenever I am upset, heartbroken for not achieving my expected marks in the exams or ever your discourage me and treat me like a under dog, I always tell myself not to warry there stupid things as if my spirit in talking to me.

Me Ad my spirit are different but I always - & support my spirit when he is upset on my spirit supports me when I am upset and when spirit supports me when I am upset and when we hother ours we hother upset we say to each other ours heart and mirds are inserconnected, so there is hothing to warry about - this is that exact sime

when we write and feel He writy. This writy always, want me to tell the sunt, provides me user get doing exercises, provides me with philosophical owitook during doing any kind of work, provides me with unself-stream, fembersoners and also reach by want to believe me in the exercise of the almighty God.

because this value provides integration between my body and soul everytime in case whether I am studying, doing exercises, performing hometakes, reading story tooks, drawing pictures, etc. I do sweely lebere that this value will continue to stage me towards the goal of my life.

2) Act let. c value: - Wherever I get bored from contantly doing the same work, studying the books of Zoology, making power point presentations or proceeding writing, I include me on drawing a picture, listening to music, linging the songs a picture, listening to music, linging the songs it my mind, reaching stony books, etc. These provides me with perce of mind, a relaxation from doing the work constantly. Such value nevives me always and energizes me to perform a new task on the same.

I also do appreciade the natural beauties of earth. Wherever I get my leisure, I sometimes go to the most stare at the broken clouds, progeon. Thing in the sky, green grandenne of manyo tree, ascornt siee, yalm thee etc. Watching buttershies

and other different waknown insects also smooth -end my mind. The beauty of nature always clears my mind from all the percuasy and unrecessary thoughts for a rentain period of time.

The nature also want me to perform creative ity in any kind of work that I am doing, as the God itself created the natural beauties on ear the including us. The nature is always within me because I am a creation of God just like the nature-re.

I also communicate with my friends, teachen, my parents in a very feriendly and polite
manner. Being realled sometimes and missehoved
by others do not want me to reall them on misseho
-all them back. If I am really truthful to them,
they will centarly know and realize their guilt. That's Low I will always be actthetic in my future
life as I am know and I was for the besterment
of my life.

The conventuation is reeded the most during performing on kind of tasks. During doing any kind of task whether it is reaching, listening to hectures, painting, listening to music, staring the natural beauties I am very much contentrated. I also think independently and not depend on others to perform my task on my behalf. Whether he on the soft completing or completing his on her task do not bother me; If I'm completing the work on

do have a scientific semperament while studying on making presentations and other projects and

perfumry practicals.

I also do have an objective in my life and to fulfall this I always enrich me with stone knowledge and wisdom and by doing this it sure I would score good marks and get my dream job. Bender every job should be respected in same manner as every job has its own significance in its field.

I have also self-respect regarding my student and personal life and for this reason I complete my task to the most perfect condition so that ro one will have any doubt regarding my work and dest-roy my self-respect. Working hard in my specially even though if I can not completely achieve the intimate success. I never give up, know the imposedance of study and fully devote to it myself.

An I grow, I am endeavouring to inderstand that there values should have great role in my life, because without there values we are nothing but askeleteon containing man of bones and rells have

- 19 20 dream.

Besides there there value we also must enrich other values (like moral, social, etc) also, ore human being can not dissing with them from others living organisms on earth lavering some of the values. These are the different values that differentiate in from others.

enuchment of different values flowing inside them. We sometimes inhere it there feelings on it other wards the value from own parents, but the ultimate source of there values could be the almighty God who has created us along with the nature and other living beings. He might have different ated us from other beings by creasing the power on to orchere different values within us so that we become imperior to others but we along with the worker interest and belove do other living beings are always interesonnected with each other by the strong of Existence of God.

And if the connectavity in broken, we can say that there will be reighen existence of us hon the hotune and the other living organisms on this planet Earth.

SEC Assignment

Nome: - Suman Sankar

Sem: III

college rollno: - 627

Regno:- A01-1112-116-019-2020

Department 3- Microbiology

Values which shape me

Introduction >

Value denotes the degree of importance of some thing, or action with the aim of determining what actions are best to do or what way is best to live or to describe the significance of different actions values can be defined as broad preferences concerning appropriate courses of actions or outcomes. They affect ethical behaviour of a person or are the basis of their intentional activities. As such, values reflect a person's sense of right and wrong or what ought to be. They tend to influence attitudes and behaviour.

spiritual Moral Aesthetic Cognitive Social the values which I will write about are honesty, cleanliness, Simplicity.

Honesty => Unfortunately early in our life we learn that dishonesty can have incredible short-term benifits. It can get us what we want. It can make it easier to please the people around us. And all of us develop the habit. Living an honest life takes effort-especially at the begining. It requires a decision to pursue

it and some action steps to get it started. But once it begins to gain momentum in my life and I begun to realize it many benefits, honesty will become my life easier & easier.

Cleanliness => The term "cleanliness" means the absence of dirt, garbage, bad smell, stains, dust etc. Everyone has to realize that most of the Indian places look unpleasant and unclean to our eyes. Also, the littered garbage, over-flowing sewerage and defaced walls can result in the spread of diseases. In such a case to avoid this othe native should keep some efforts towards main taining alteanliness in their homes. Nork places as well as surroundings. A clean and hygenic environment makes fulfilling life and happyinesall.

cleanliness is important and should be practised in our day to day's life. If we keep ourselves clean, then it will be helpful in nation building exercise.

Therefore, we should try to adapt a liftestyle and clean our surrounding so that there will be no harm to nature and the other living being.

Simplicity => A life of simplicity can be defined as a life that has removed all of the non-essentials. It is uncomplicated. As a result, it is freeing. It allows our lives to be focused on the things that are most important to us. Simplicity in life cannot be achieved without honesty. Honesty can live without simplicity, but simplicity cannot live without honesty. Consider the fact

that every time we are not truthful. We create an alternate reality. And subsequently, we are forced to live in both worlds? the true one and the one we have created. On the other hand, we choose honesty in all aspects of life including our marriage, our business, and our relationships, we live the same life whenever we are. Honesty leads to simplicity but dishonesty leads to duplicity the exact opposite.

RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

NAME: SANDIPAN JANA

REG NO: A01-1112-113-026-2020

COLLEGE ROLL: 342

DEPARTMENT: MATHEMATICS

SEM: 3RD SEM (UG)

TOPIC: "VALUES WHICH SHAPE ME"

MID SEM ASSIGNMENT

Topic: Values which shape me

Before taking up any value I must decide on what importance that value has on my life and why it must be indugled and also how it he going to effect my future life. Then try my level bust to live by them living my life by my values helps to accomplish my dreams and goals and then help me to lead and influence others.

What is value:-

Value is the positive tracking provided to help us and tread the right path in life. It is commonly regarded as an economic conception. It is generally recognized that there is a relation between the valisfaction of desire and the preservation and furtherance of life. A person who imbibes good values grows on to become a responsible individual and he is capable of damarcating right and wrong. So in life value gives us clean goals.

There are various types of value like spiritual, moral, are thetie, congnitive etc. Here I explain three values which have a great role on my life. I am able to judge what is right and what is wrong based on three values. So in my life at various steps, it makes the decision-making process earier.

1) Spiritual values:values of human soul to consist spiritual growth of personality. To increase spiritual knowledge in human body energy and nature around is absolutely necessary. Jome times I am feeling in complete with out spiritual values and specifically spirstual der lopement is incomplete in my mind with out the cultivation of spiritual values. As example without upiritual values I am unable to find difference between good versus bad, truthful versus lie, patience versus impatience and so on. So spiritual values have the power to bloom on my mend and achieve my goal by the means of righteous path.

(2) Moral values:-

Moral values are the good values taught to help people lead a disciplined life. Moral values include good habits such as honest, helpfull ness, intergrity. respect fulness, love, hard work and

I build a strong character by maintaining moral values. In my life moral values act as quiding principles. I am taught to show respect to elders and other people. Moral values are a reflection of an individual character and spiritually.

It helps me improving my behaviour, instilling respect and enhancing relationships with other. Moral values allow me to take the right decisions and improve my interactions with other people. In coporating the moral value of honesty in my life makes me truth worthy. In my life makes me truth worthy. I shall have a clear conseience because I shall have a clear conseience because I can respect myself. It is not knough I can respect myself. It is not knough I also do meditation to become I also do meditation to become done a great job in my life.

Overall moral values play a great roll overall moral values play a great roll in my life.

(2) Congnitive values:

knowledge is power when relivant knowledge is power when relivanting and applied. For entigh tened citizenship and applied. For entigh moral and contions developed through moral and contions developed through moral and with intelligence to develope contional, with intelligence to develope contional, intelligence, independent thinking intelligence independent thinking objectivity analytical serentific temper. Objectivity analytical serentific temper. Self respect is also in devision making. Self respect is also in devision making. Self respect is also there in my mind so I take responsibility there in my mind so I take responsibility there in my mind so I take responsibility there in my mind so I take degree deference all concentration of high degree all concentration of high degree useful in any endarour makes difference useful in any endarour makes difference in person to person. Screndific tempers in person to person. Screndific tempers in person to person. Screndific tempers in person to person.

matter dogically.

With this I would like to end my converwhich this I would like to end my conversation. There are many values which shape

make but I elaborate three of them here.

me but I elaborate three of them here.

Everybody should practice vome values in

their life to become enlightened citizen.

The values that we hold dear to our heart. are based whon our priorities. Values are not the goalow or an idea or a system that can change just by enapping our fingers. Personal Values are a deep and internal treasure trove.

Our values are a significant motivator that will make us stand still and do nothing, ruch headlong into a new adventure with no hesitation, or send us back to a place where we analyzer reflects upon and divide if it's really something that we want to do.

Clearly our personal values do impact and shape our life in a variety of situations. We maybe a ble to get away with one tiny incident where of our values were compromised, but math likely, our personal values will color our life and everything we do.

Considering my point of view on a broader aspect maye, there are generally three values that I con come down to, mainly !- (1) sext-love (2) Posthivity and (3) Hord Work.

Self-love is a store of appreciation for overely that draws.

Self-love means having a high regard for your own mell-being and happiness. Solf-love means taking care of your own own needs and not sacrificing our well being to please others. Solf-love means taking to please others. Solf-love means taking the please of thers.

Self-love can mean something different for each person because we all have many different wars to take care of ourselves. Figuring out what self-love books like for an individual is an important part of our mental health.

Positivity.

Positivity doesnot mean being hoppy or agreeing all the time. What it truly means is what we do to bring energy and entiminate to our work. I think personally that being supportive of the process is also an important port of positivity and so without hope losing hope. There were many different and difficult situations we face where all we we had to do is adopt a positive assistant and it simply works.

to really work hard because it takes preservance and time.
No one in todar's world is potient enough to take the long winds road to success, they but wants to be successful in a day.

But reality does strike us at some point or the attent to beach us the horse tecions of life like the values of hord work. And it is essential to put the required working hours to work towards your aspirations and to become # successful.

Ramakrishna Mission

Vivekananda Centenary

College

Submitted by -

Name - Md Nafis

Class - PG , Semester-3

Department-Botany

Paper – Soft Skill 3

Subject - Value Education and Indian Culture

College Roll No. – 16

Reg. No. - A01-1142-214-014-2020

Page
Dale

Values that Shaped Me

Acknow ladgement 0

The suces	and dino	l outrome of	this anign	nment
100 10 424		anistance o	- T	
I consider				

Kamalasthananda boo giving us an opportunity to do this Wounderbul assignment on the poecious topic —

"Values that Shape Me"

I would like to extend my sincere goatitude to poincipal Mahapaj, without whom the work would have permained incomplete.

Date - 10/12/2021 - Md Natis

Values which Shape Me

· What are Values?

→ Value is an objective conception that satisfies human want on desire. Values are what we view as being important and are incredibly boundational to who we are and How we make decisions. Values not only give us guidance but also coestes parameters for what we bind to be normal, meaningful and helpful. When we live in alignment with outs values, we beel betters from come of heart.

There are some absolute and intrinsic value those cherished me and make my like meaningful beyond all differences due to time and place. Values that shaped me what I am today and will continue to shape one in butune towards the goal of my like are having goalness of characters improvement and infiluencial to perming.

Truth and Honesty 8-

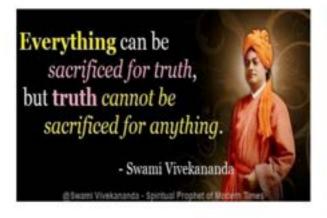
Truth and 'Honesty' are complementary to each other.

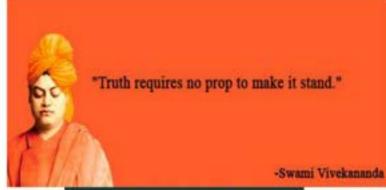
Honesty is the simplest thing and it develops a practice of speaking truth throughout the life. It must be said that honesty implies being truthful. Honesty strength and improves relation between people. It helps in being the unity between people. This is another value that shaped me.

I am morilized from my first teachers, my parents that it is most important and ustal value to have in studen, social and personal libe.

I do realize that a person who practices honesty in his like powers strong moral character. There is a common phase—

"Honesty is the boot policy"





"Comfort is no test of truth, Truth is often far from being comfortable"
- Swami
Vivekananda

TELL THE TRUTH BOLDLY,
WHETHER IT HURTS OR NOT.
NEVER PANDER TO WEAKNESS.
IF TRUTH IS TOO MUCH FOR
INTELLIGENT PEOPLE AND
SWEEPS THEM AWAY, LET
THEM GO; THE SOONER THE
BETTER.

Samuel Windshipson

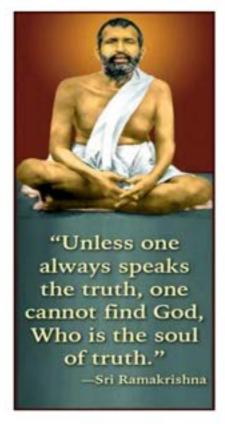
Charles and the last of the la

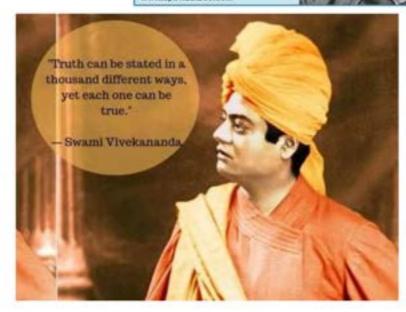
"The world contains a mixture of truth and untruth. Discard the untruth and take the truth. Even those engaged in worldly activities, such as office work or business, should hold to the truth.

Truthfulness alone is the spiritual discipline in the Kaliyuga. Dwell in the truth and you will certainly realize God."

Sri Ramakrishna

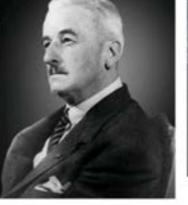
www.spiritualbee.com

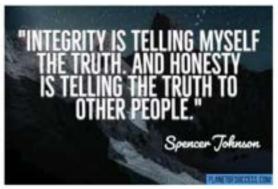




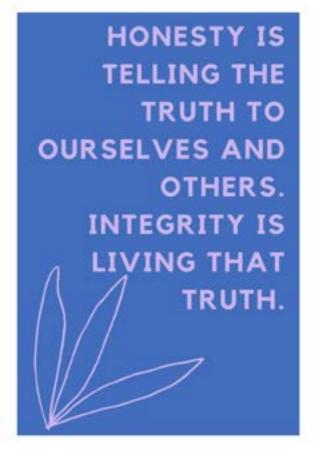
Never be afraid to raise
your voice for honesty and truth
and compassion against
injustice and lying and greed.
If people all over the world...
would do this, it would change
the earth.

AZQUOTES









THE GREATEST ADVANTAGE
OF SPEAKING THE TRUTH
IS THAT YOU DON'T HAVE TO REMEMBER WHAT YOU SAID.

Unknown

arting-

Page: 03

Honesty helps me in developing good attributes like - kindness discipline, touthfulness, moral integrity and many more. Honesty remove been from my heart making me Courage and considert in life. Though it is very responsible value that shaped me, I always try to maintain this policy in my life. Novadays, in our very common consuption days the value of Touth and Honesty is really need too our society.

Self Study :-

It is a learning method where bludents direct their own studying outside the dasapoom and without direct supervisor. It is the birst value that makes me an independent student. Utilizing the value at self study I am able to go beyond simply learning what my class textbooks and instructions tendes me. By possibling self study I am encourage to explore furthers topics in which I am interested and still developing stronger study skills as a nexult. The most advantageous result which I have got through self study is I can take contest over my own learning skills. So it is must be said that self study is the most important value of life that made me. Self study always boosts myself, my self-esteem, encourage, my curiosity and make me in a shape.

Work in Group :-

We have our society and there we live together on he can say that we live in group. These groups have a probound impact in our thoughts, beelings, and emotions.

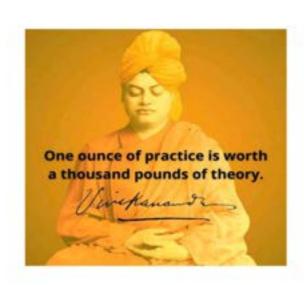
There is a very common phase—

"Unity is Strength"

It is not that taught by someone. It is the motter of

SELF-STUDY, IN A SENSE OF LEARNING BY YOURSELF WITHOUT ANYBODY TEACHING YOU ANYTHING, HAS AN ENORMOUS VALUE.

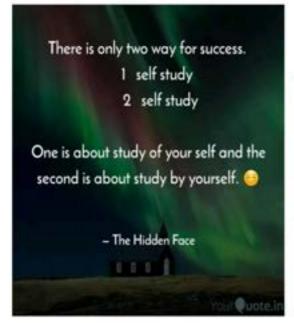
- ROBERT KRAFT -

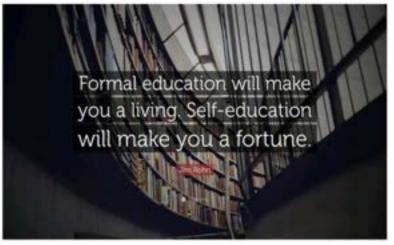




Me enjoying self study



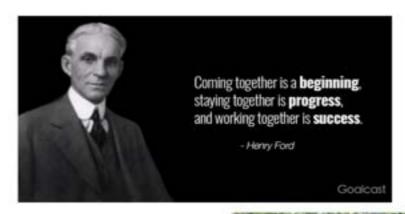




Fine Writer

Page :

In my school like I located about unity with integrity. In may college days various project work, field study lead by me under supprevisor of our profession are beyond thinking without teamwork in group. All of us are in a group and it solishies my need to belong gain information and understanding, through social companies that define my sense of bell and social Identity and helped me to acheive my goals that might clude me if I worked alone. It is more significant to me that much of the work is done in group pathon to Individuals.	pe	alization and development of our mentality.
lead by me under suprovisor of our problemon are beyond thinking without transpork in group. All of us are in a group and it soliables my need to belong gain information and understanding, through social companies that define my sense of bell and social Identity and helped me to acheive my goals that might cluck me it I worked alone. It is more significant to me that much of the work is done in group pather to	Ty	my school like I leasned about unity with integrity.
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that much of the work is done in group butter to	hel	ped me to acheive my goals that might elude me
that much of the work is done in group butter to	ib	I worked alone. It is more significant to me
Individuals.	th	I much of the work is done in group nother to
	Ind	Iriduals ·
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Field Work with group of Classmates







If I have seen further, it is by standing on the shoulders of giants."

Isaac Newton



Working in Group on college Exhibition

NAME Subham Mukhenjee CLASS. MISC. Semisten- Ill ROLE - 25 REGI NO- A01-1112-211-072-2020 Values That Shape Me

1. There's No Such Thing as Failupe.

Happiness and Success are Seemingly, the opposite of fainne. But what if fainne disn't exis? Unite that may inclinis. Seem like a Stretch, it

Peany in Possible for failure not to exist in my life.

A bis Sprainwor between hisny Sucessful Pere. and unsuccessful ones is that People who achieve at higher levers tend to be better at reframing fairure.

For Most People, failure is a negative. thing. But for high achievers, fairure is reframed to be a Possitive learning experience of What not to do.

2. Have Imednity in All Things:

One of the most impactful lessons I learned grow -ins. UP was, " your word is your bond". Those Simple, yes Profound Words Set the tone for how I went about dealing with both myself and Others thrownous my like.

When I am an upstansing Person Who has Short internity, my become the type of Penson People Want-to associate With. Being able to build these Stronger perationsnips. OPEns. you up to find greater levers of Swess and happiness in you life.

3. Respect Myself

Soil-depreciation and Pensonal abuse are Common in Our Society. In fact, I believe that most People theat. Others better than they theat themselves. But I want to live a life of happiness and Success that has to Change.

Whemen it's learning to Spenk to myself more dovingly, taking better care of my body or raising my spiendship | intimate nelationship Standards, learning to nespect myself is key to living a great life.

Name: Bipsa Ghosh.

Botany, P.G., Semester-III

College roll no.: 27

Reg. No.: A01-1112-214-024-2020

Values which shaped me

<1> Simplicity:

- · Simplicity helps me to be open minded and as a result com B can interact and connect with others properly.
- . It helps me to lead a peaceful life and given me a & helps mounderstand everything in a simple manner.
- · In educational perspective, it helps me to understand ver hard things in a simple way

(2) Honesty:

- · Honesty is + may be one of the most overlooked values
- . It may be the oldest clicke values of all time, but ist it's still so true that - honesty really is the best policy
- · If I want to live a life filled with an abundance of happiness and success, honest must be something I value groatly in my life

(3) Self - Hudy:

one to propore and indenstand the · Sel- Addy helps related to one's course of study concepts properly

- · Self-study makes me more confident and and increases self-belief
- · When I understand teacher's teaching by fully by myself, I'd makes me I feel great satisfaction and it helps me to give 100% in exam.
- · It helps me to maintain pace with class teachings

So, I believe that . my simplicity, honesty and self-study, these 3 values shaped me what I taken and I think these 3 values also will help me shape continue to shape me towards the goal of my life.

SEC Mid Semester Assignment:

Topic: Values which shape me.

Three values which have shaped me to what I am today and will continue to shape me towards the goal of my life.

Positive thoughts & Being hopeful

Positive thought & Being hopeful-Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation.

The time was before my admission of this college. My mother was suffering from a fever from more than 1.5 months. Two doctors have already told that they can not handle the case and told to go any medicine specialist. Beside this I did not get any reputed college for admission. So on that time the situation was very much critical for me and also crucial for my family. But. On that time I always thought that one day all the situation will be in rhythm, And we will definitely over come those situations. At last I became selected for this college and My mother became cured. So, from this incident I realize that ,we should always being hopeful and filled with positive thoughts.

Give respect-

Give respect-Respect is a virtue, a habit which is central to human happiness. The core meaning of the word "respect" is to give something or someone particular attention and consideration. To respect someone means you recognize that he or she is important and deserves to be treated well.

I have 14 years education life till now. And I have read from three (3) different institutions before coming this institution (Ramakrishna mission Vivekananda Centenary College). From those three different institutions, I never got so much guidance, friendship, disciplines and love. From this institution I gate all of this or it is better to say that our department H.O.D Maharaj is not only my teacher but also he is like my guardian. I gate continually inspiration from him. He help me to strive for goals. I found guidance, friendship, disciplines and love everything in one person, And that person is none other than our department H.O.D Maharaj. I think respect come from the core of the heart. But in few condition we have to show respect. But in my life after my parents, only few person whom I respect from my core of my heart. Our H.O.D Maharaj is one of them. Before coming this institution, I think that there aren't any institution, from where I gather lots of good moment. This institution give me a home like feeling. So for this institution respect come automatically.

Truthfulness & Honesty

Truthfulness & Honesty-Honesty promotes openness, empowers and enables us

to develop consistency in how we present the truth. Without honesty there is an absence of trust. If we are seen as being honest, others sense that we have integrity and are truthful, fair, trustworthy and sincere.

The time was then, when I studied at my 10th standard and also the time of swaraswati puja. We, the students of 10th standard was handling that Puja. And I and some of my friends were leader of that team. One of our teacher given us some money for buying some important ingredient regarding the puja. When we had completed our marketing, some money were till remain. So, some of my friends advised me to keep that money for our use. But I don't support them. I came back to school and returned his remaining money. Then sir appreciate me for my honesty and truthfulness and give that money to me and told to buy some food for all of us.

Values that Shape me

Pocus:

Focus is the value that blild me what gamtill now and it will continue to build me in

of tuture. Focus and concentration is very important aspect of studing are well as any other important work. As my father taught me and always say "The work you are doing right mow do it with your heart and coul". By that way you can achieve mony accomplishment without wasting any time.

of you are studing than study hand, if you are playing than play treely, if you are excepting than take a proper of you are excepting than take a proper of each without thinking too many things.

Focus on what you are along and doing it properly increase productivity hugely.

As a student myself I can tell focus vision during studies

help me to get good score Imanks.

Shubban Roy M. Sc 3rd SEM BOTANY Patience:Now adays, people lack patience so much Jam

lucky that I have build enough patience in myself through yoga and meditation which is helping me in my life. I heard a quote that inspire me to do work with patience that is "Patience is the answer for every difficult questions".

As a student, patience is very important value in the life of a student, when I am stuck with some question/problem in my studies I try to solve them with patience i.e, giring them more time rbut not giving up. If you give up you will never learn that thing. My mother help me very much with my patience building as she heuself do armanage everything with so much potience.

Patience help you to manage your angen, help to tolerote many things in life.

Discipline: As a son of Army pensonal, discipline
is a major paut of my life as well as my
father. As different traits passes on from one generation
to other. Discipline is the trait that I get from my
lather.

As I told earlier, I do ygga and meditation from when I was 9 years old. I use to wake up with my father at 5.am and we both use to go for a quick run followed by yoga and meditation. Exercise help me to get physically and mentally fit. If you are a healthy person you can do your work at your optimum level, for me studies is my work so I try to study at my level best.

Discipline means routine in your day to day lifestyle.

If you plan your day well then the outcome of your work
is definately show that.

TWISAMPATI DAS.

3 different values that have been learnt by me since my student life:

WORK ETHCS. At First, I want to say about the ethics of work. So, that, whatever is the work it should be done properly and with full concentration and love. It I am a sweeper I shall sweep froperly, If I am a footballer I must play football with all of my attention, If I am a singer I should love the way of music.

From, my childhood days Jam not a vigorous quality student. I may not be first in all enams and but, tookat is my priority tratis, I tried to fulfill the work that combe done by me. And I had done everytain with love . Without it, nothing can be close frozold. That's why etaks is infortant,

time is money Every work & hould be done at facker time.

When I am playing, is hould play, there is notably frather than it, no study, no mobile, not v, on notably whenever your are studying it should be Ist priority for that time.

So, time like a mail the h

for that time. So, time is the main this that you should maintain in every stark of your life.

Secondy,

Summer Supplacinary about Konesty.

Sudend with 1001. And Every work should be begin and end with 1001. honesty. Inhat ever 1sthe work, there should a great level of Sacrifice and that begins with lonesty. If I make a scandal inwork on steal sometering I am may can get frofit for sometimes but atthe end of like, There Is karma. The mind willbe at war at a time whate Stufid work. So It should be maintained.

types of misleading situation, but I didn't full intake.

I may not get toomneh money on somethy, but I am haffy.

That is the I call thing.

8. to

ould

SEC 1 ASSIGNMENT (MID SEM)

NAME:- NILADRI SARKAR

SEM :- 3

DEPT :- COMPUTER SCIENCE

CLASS ROLL: 1712

REG NO. - A01-1112-117-010-2019

SUBJECT: - SEC 1 (VALUE EDUCATION)

Values that Shaped Me

Behind every successful person, there have some values which shaped them from beginning of their journey and helps them to reach their destination, we encounted with different types of pains and cossucial situations in our life but to build yourself as a grocal human being and to be succeed you smust have to influence by some values.

I also influenced by some values which shaped one till date and no doubt will continue to shape me towards the goal of my life. Among them the most three values asse —

- 1) Punctuality
- ii) Fearolessness
- iii) Honesty

i) Punctuality :-

punctuality Provide you the energy to be punctual in all task assigned to you by your life or you can say by alonighty. This value has been instilled by my parents inside me from my childhood. I used to wake up regularly at 5 a.m. I do each and every work on time and never do procastination. Wheather to meet any one are going to any where I reach on time. Punctuality will allow your work not to place a burden over your head. So, now at present scenario 2 neversfelt that there is a lot of burden on my head-with the work assigned to me since I am always purctual to wards my work.

These have many situations on our life when we could not take any propers decision by thinking about many bad or negative results. For our fearmers we have already lost many kind opposituation and many ways that could build our future. So, fear learners is important and I award of that term because I was always fearsless and confident on my every decision and every steps of my life. I don't know if I was wrong or not on my decision but through this I have reached today and I hope my fearsless and confident mentality will continue to shape me towards the goal of my life.

iii) Honesty:-

Being Honest is very impositant. Honesty means creating a faith to someone that this individual will not cheat anyone. It ideally all the human beings of a country becomes honest then that country will propers to its fullest. Now, from my childhood this value have instilled by my Passents. I nevers used to touch the things of anybody in schools or just ask before I used others belonging every people assound one have a grocal faith on around one including my friends circle.

I hope that I can continue grow up with there value in later past of my life to be a

The question of right and wrong has been battled over for centuries. Many conservations still believe that thath is absolute, while others disagree, segging that thath is relative I believe that thath is an individual's perception of beliefs and decisions.

For their reason, duth differentiates among individuals through their constructing opinions. But touth is forething that everyone believes to be correct. Thus it greatly depends on what is doubt in the minds of the people. On the other how, touth that is spoken with bad infant the other how, touth that is spoken with bad infant in considered to be worse than a lie. Hence, touth is considered to be worse than a lie. Hence, touth is an expression, symbol on statement that corresponds to an expression, symbol on statement that corresponds to reality and happiness.

Also furth is not always good to say. If the objective of feeling that is so hunt someone, then it is considered of feeling that is analy so be inferior to a most terrible lie. That is easily to be inferior the that use should keep in mind crevile speaking the that use should keep in mind that if desir't hunt someone also's feelings or that if desir't hunt someone also's feelings or relations.

The furth is narrely prove and never simple. Thath is complicated as people understand it in different charges. Thath is a statement, which weren charges and does not depend on Statement, which weren charges and does not depend on peoples feelings. In other would duith is reality and peoples feelings. In other would duith is reality and the eachier expressed without any charges or edit.

Cleanliness encoming in to keep clean and avoid dist.

The practice to clean everything is cleanliness. There

are different type of cleanliness, the cleaning of eleths,

the cleaning of house, the cleaning of streets and

the cleaning of ourselves etc. The most important is to

clean ourselves because if use do not core for

our cleanliness, are do not besidete to clean our

serroundings. The practice of land mashing and batting

is neccessary to keep omselves clean. The porson who

keeps his gilf disty, he also keeps his environment

disty and filthy.

The cleaning environment puts healthy effects on our wind on body, while a dirty environment puts very bad effects on our health and wind. Almost all the lineases are caused by the infectious agents in the environment and these infections agents are very active environment. Many directed like in dirty and fitting environment. Many directed like in dirty and fitting environment. Heaptitis etc are caused wateria, diarrhea, chologo, blu, thepatitis etc are caused by dirty environments.

So all of us should clean our ourisonments by throwing the garboye in some instaled place from throwing from the populated arreas.

As one know (Health in wealth' and Health comes from cleanliness.

We have enough enough so eat, buy clother, buy accessories and exist important are have a home but there are many poor around as evelo don't have eveney even to eat. The three basic needs of human beings are food, clothes and Shalter. It were see Someone cake does not have any of these three then was should help them as much as possible. It's our responsibility because God has given of enough enough not only to save in lockery but also so help the needy. There are many poor around by sucho sleef on Gootpaths. They even don't have blankeds to wear in winders and are struggling with their lives. We Cannot give them home shelter as use don't have that much money but we all can donate them food, clother which are old and blankeds so that they will not Sliver in winter. Donating our old stuff will make them happy and they will definitely give as blessings. Helping the pour will gives happiness on our face culien one see their smiling face.

Also if use hove some knowledge of any subject then are should fry to seach it in backward areas and should for bree of cost. They don't have anoney to spend some son been so they keep on spending their relate life on education so they keep on spending their relate life in iditeracy. If possible are should provide them in iditeracy. If possible are should provide them pend, pewalls, excessed and registers so that they should pend, pewalls, excessed and registers so that they should put feel any burden on them.

As Anne Frank Soys ee No one las ever become poor ly siving?

Values which shaped me I will learn to think critically and gather knowledge from different fields of study. I shall be exposed to to several well-established models that have been developed for the purpose of underwanding moduling human personality development, including cognitive, behavioral, biological, socio-cultural and spiritual pouspectives. I shall ahoose a personality to explore and examine it oritically through various angles. 1. Discipline: I feel awknownd if the oustoms & reules of a new place are not known, companions are embarrased too. So be familiar with the rules of the institution, believing that they are good for me, follow them respectfully.

Plan of action :- I make a daily routine for my study so that I don't log behind others in research mastering the lesson of the school.

· I try to avoid the tension of hurrying through the armoral examination at the last moment. Be well prepared with my syllabus.

dearlines, one also heiled by all religions as the essence of spiritual life.

Plan of action!

I always Keep my dress, bed and
room clean.

I keep all of my things tastefully and

- ond help others to do so.
- . I pay attention to the surnoundings of the solver and hostel and help to keep them dean and heard ful.
- Behaviour! No hely respects a person who doesn't behave property. One commit live without the help of others, knowing this, don't behave housely with others.

Plan of action :-

- · I always try to behave with others in such a way that will consider me as their own.
- · I always show respect to serious and olders.

innee, because of some Name-Vijivan Mitra Semes102-VIII RO4-340 subject wirse - Bec Mathematics Hon. SEL exam Topic - Values which helpone in building my Maracter Values are those pearls of knowledge which help a person person is the only thing which describes his
path, his way from & liste the till death. A person always acts according to his character. A person with impure character to acts accordingly in way situation of life and brings hazards Dinhis own life aswell as others. Names, guide a person to build a good character. and a person in his life but ultimately he is the ceny one to & who friumphs over them. Values are those knowledges which can not be learnt from a book nor that they can be taught, but they can be experienced Autrough a chians. Poday, I am goin to discuss about the most important values which has helped me to build a part of my tharacter as well as will be helping me in future. These Patracishave I have experiences these Natures more than any thing else.

The first value is actually a law of nature (natural phenomenon) which helped me to bui my confidence.

(com a problem is presolved in wature, when the Comes, the Solution reveals - what ever know we gain in we gain in our life, we always existing thing new, that new things is the combination of old and most ferivial things (building blow Which already exist in this universe. The universe is the combination of all types of building blocks which man has invented algready or will invent in future. So actually man is not inventing something new, but, is bringing some thing forward from its invisible 1 tate (or imanalyted state) to analyted state. Still there are many things In the universe, which we can see of feel by our sense organs, but can not explain on analyze me reason behind them, a time Will come when a particular man will be the one to analyte one of those of rendered most trivial. So, actually we care every knowledge exist in this universe in either un explained or in an explained stale. One interes fact is that this marrive change of a knowledge Joing from unexplained state to an explained state is always brown get by a particular person un a group of person efforts and also in a particular time. Ontil that time comes, neither a person not Those in Capkined facts that accor in the horivers are termed as problems. Problems in sug come to a particular per con or a group of parson, on the pratiental species more generally to a particular species. Problems of a particular person on a group of persons are those whole solutions are in an & unexplained State to two se persons on they are to be solved by twee persons. These problem, are actually created through their previous ignorant actions' impact on nature. The Moluticus of these problems may be known or unknown to them, but there solutions are to be explained or implemented by that furtiller groupof persons eny. But offens inseed the solution wists in the universe only The parson who knows this fact that the Solution drists in thos universe only and the any has to find it, actually succeeds in controlling himself and think peacefully for the solution, which is actually a very important step towards nothing the problem But before thinking for the solution, one. power of the problem). Since the problem is created solely for that person and because Of his own ignorient actions, he need to ponde problèm. Once he knows the mistake which he did because exignorance, he actually knows the powers of the problem

and that becomes another important step towards the solution. Now, a pur climax of the solution is reached when the person hectifies the mistake and that rectifica leads to trusolution. Hence in this way once pu person solves the problem, he Semembers the his mistakes, mis rectification the problem and its solution, this thing apprade his knowledge (clears me Ignorance because Ofwhich he sid the mistake) and thus, in future it helps him to take the luserect decision. likewise turough his experience about the problem be can also try to \$8 are another man from doing the mistake again many a times, the problem is breated for a purticular Community of prople but the serpousiblity to solve it goes to a particular person belonging to the community, this time also the solution actually exists in an emerplain state as and the whole community mustry to find it, the motivation that the solution exists helps the people of the community to her the maintain their confidence an their efforts to find it. If the problem looks difficult and takes more and more tim that it has motolution is a ignorance. onemust hemember that the solution thereals carry when that particular time devide by nother hature comes.

Inthis way this fair helped me to keep confidence if the problem looks to sifficult and takes more and more time. In my own distiplenary subjects, also tuis tuing met ped me a lot, o therewere many problems which I collected fran different question papers, which looked difficult forme on even for a week or a month. But cen the martweek or west month, unique mously come day I got the bloody solution but also and gave me a lot experience of the strand Phenomende will always helpine in 80 wing (ii) It's better to trans apply our efforts to éxcelin a particular disciplene and focus on gaining more knowledge and skill in that disciplene than exploitting that knowledge to compete with others and gaining 21 tablishment: Norture has created many Species, of Plants and animals. Humanbeings are me most intelligent among them. Since nature has gifted them, power of thanguts, intellect to analyte something and many more qualities which are not giftetet other animals in considerable quantities. With those special qualities, the lifestyle cej man was thought is anite different to other animale. Most of fre animals live their life solely to satisfy their own workeds nost of them strive to getfood and other basic needs, but some man's

lifertyle is quite different. Becomse of their It their basic needs but besides blessings, blittes to human beinge then animals. Only human beings have been given the nesponsibility to think for the don'ty and for the welfare of other animals. Hence human beings need not to compete with other animals but naturally are pioneers, for their caring nature of powers & society and other animals. Hence we can see that striving and competition decreases with the B progress of intellect and interest; not in the field of earning many for basic needs but also In the field by gaining knowledge Because of this, people and the interests and Butargets of the young pupils have duanged. They have the interests on gaining pure knowledge have been changed to gaining of the field of knowledge. While studying, pupils thinkey Exams and compare their knowledge with Others and ene ex their positions, rather focussing on sectifying their mistakes and focusing on gaining moter knowledge on a particular disciplene. Boactually In case of gaining knowledge, pupils one becoming animal minded, rather than focussing on more knowledge, intellect and of excellence mey are just printing of

how hatter they are than others. This busicelly means they are not interested in knowledge but their actual interest is on the fruits, fortablishment and positions which they will get on exploitting fore knowledge. This actually Occurrent me that whenever one Jay I used to compete with a group of etudents, I felt & sad, even When, I was winning. I studied rolely for the exam. After three to four months fre exam finished, I have lost all the knowledges, concepts and intellects and skills, I achieved in that penticular field, be fore exam, the facts were appearing tobe total ig new, as if I never analyzed them before. This thing, taught me frat we should not study solely for anything and an is study just to gain knowledge and aquire a good skill in the subject.

analyzed them, whilehe wrtedly and just to

a air a landled and and ovablement of just to gain knowled ge and problem solving skill our trat field, the field appeared appenied to Done mose interesting and I remember it even now also. Our should granted ge a creativity to contribute and developping be the only motivation to gain knowledge on a particular disciplence. This value fills me with motivation whenever I Stort a new topic Or learn something new. It is always better to listen to one conscience and act according toit than acting blindly according to it than acting analyting it with constituce: Constituce is the most important part of one's character Conscience comprises of all the good part goodpart and some bad part of own an aracter the good part of our Character is developed their all the good deeds which we do in our life. I bence conscience is developed from Out the good deeds and good decisions byour life. The good part of the character or Conscience always try to keep our acre pure it always try to stopourelves from doing badd deeds or sins. Where as the bad part of our character always provotees us to do bad deeds and tries to distract us from the path of Dalvation and its the nature of the sins or baddeeds that are baddees Déprovokes us to de another one, because every baddeed contributes to the evil part of our en au qu'er. Hence its in portant for ins to develope un conscience, more stronge so that by doing good deeds 180 that even when we are at a state of unconsistous from doing on youing bad. I often experience that when I was oing to do something worse, heraner of some kind of helplessues, non a thing suminded we of my own values which salways workship in my own wind and that mileaculously Atopped me from doing the sin. If a person does not histen to his conscience conite doting before doing a sin, conscience will become weaker and wexttime it will heard by a top win from doing that sin again. decision, one must his ten to mic conscience. Many a times, we take talk with some a one whose sweet words influence our minds. This provokes us to take their words derious by. Inthis way, we develop a belief on the words Of that person, whice stop, us from thinking or pondering more scepy on them. But that person may come simes also act according to his bad maracter and & because of that blind belief, we assured not ponder of over that 19. bad deel as well, and that baddeed appears to be good to me. Atime comes when likewise we get to influenced that we steert acting according to that presson bad in an acter at that time our conscience just like a mother stops he and advices he to ponder over the act, if that time we too unt listen to our conscience, were our character becomes two starts moulding Hence Brown listen to our conscience person. before acting according to others. prisvalue

helped me fram getting distracted in anyatime in my life. Conscien I strongly belief that good deeds will help me to take the most apphopriate decisions at the time of most difficult dialemna's of my life.

VALUES THAT SHAPE ME

Udit Bhattacharya (Botany Dept., Roll – 404)

In this Durga Puja, I distributed foods to 35+ Street Dogs, masks and foods to 20+ financially poor people, and also gifted some books and dry foods to Ramakrishna Anath Ashram, situated in Barrackpore (from all the monetary gifts that I received in Puja).



Giver Attitude

From childhood, my parents never inculcated any jealousy in me or build comparison between children of my relatives. With this home culture, I grew up as a giver who is passionate in sharing -

- Happiness, Positivity, and a relaxing vibe with everyone; &
- Values to their lives

As the popular quote by Sandeep Maheshwari sir goes -

"When you have more than what you need, simply share it with them who need it the most."

Some of the values which I can recall at the very moment, are tabulated in the following table :-

FEW VALUES	APPLICATION	Level (My Rating)
Responsibility	Learning various skills, planning my future and earning modules	Beginner
Down To Earth	I believe in Equality of people. Have kind gestures to everyone irrespective of their occupation.	Intermediate
Patience	I am practicing patience everyday with new habits. I am patient while listening to every teacher while learning and people out there who shares their problems with me.	Intermediate
Gratitude	I thank everyone even if they show the smallest gesture of help /kindness. I build this habit over last year after realising the importance of appreciation of good works.	Intermediate
Forgiveness	Though it's easy to forgive others but forgiving yourself is a challenging task. I try to forgive myself (However have not mastered this yet) and learn from my mistake to grow and evolve in life.	Beginner
Honesty	I am honest with my work. However at some point, I may seemed to be dishonest, but I try to better myself everyday. I am growing.	Intermediate

Conclusion

In the life full of adventures and undiscovered avenues, we shall always have respect for everyone and keep learning from them. There is so much to know that even if the circumference of the Earth is made a paper, it could not hold the sum total of everything we are yet to know.

Hence, respect everyone. Learn from them. Inculcate values in yourself. Eliminate beliefs and conquer your fear. See things as it is. Be curious and you will find solution to any of the problems you might be facing.

Through this SEC – Value Education class, I learnt a lot about various virtues and core values that must be present in myself, and also got enlightened about the History of my motherland, and how much rich our ethics are.

The values I inculcate will surely help me to shape myself, grow, evolve and be a better human being with time. Let it be so!

Name - ALOKE KUMAR KUNDU Dept. - ZOOLOGY, PG Reg No - AOI-1112-215-013-2020 Date - 10-12-2021

VALUES WHICH SHAPE ME

Value is regarded as an economic conception. A object is said to have value, if it satisfies a human want on desire. All things that satisfy human desires are good on have value. Food is good, it has value because it satisfies hungers. Shelter is good because it saves us from inclement weather and wild animals. But this definition does not go enough.

It is generally recognized that there is relation between the satisfaction and desire and the presentation and furtherwance of life. Value in this sense is essentially survival value. It is adjustment to the environment. But such a conception of value is still inadequate in complex human divilization. Men's wants today are much more complex and numerous and goal of life is much more comprehensive. Man is not a merse animal on a bundle of desires. Man is not only a body, mind complex but a person, a self; a spirit. So, what satisfies his personality on contributes to his self relization is ultimately valuable to thim. There are absolute on intrinsic values chemished by all persons beyond all differences due to time and place.

Instrumental Values-

Spiritual—
Reality oreantation is must where the Atman =
Broahman concept is brought home. Atman as the
constant behind the changing body mind complex and
Broahman the constant behind the changing natural
phenomena are one and the same, and goal of human
life is to realize this unity. For this prosser vation
and channelisation of all energy in human body and
nature around is absolutely necessary. Know ledge of
immorbality of Atman and its prossence in all
belogs will broing in shroaddha are faith in oneself
and all. A person learns to utilize the energy given
by the cosmos for perpetuating welfare of human
and natural resources.

Aesthetic — What can not be said in thousand words can be brought home in a line of song, what can't be expressed by thousand words can be said by drawing a line. Artistic talents like singing, playing musical instruments, drawing, painting, dancing and martial arets bloom a personality keeping the eyes open to the intrinsic beauty of nature around, like the creativity of a rose flower corning on a plant in deed shows, and a respectful attitude to environment helps individual and society. What you possess needs expression through speech in commanding language and marriers in commanding gestures, postures and need carreful nunturing.

In society we all have to live togethers. Society is judged thorough its constituting living habitants. So good society readiates some basic proinciples which are preached and preached by everyone. Moreovers all these principles are based upon the idea that we are internelated living beings. Individual good and happiness depend upon the others good and happiness. So we always toy to do good to others.

Name-Subbadip Sahoro Reg. No- A01-1112-113-049-2020 Sub: - Math (Hons.) Value Education Roll-370

94.0

Values which shape me

Trust can be interpeted many ways, but ultimately it comes down to neliability and touth. without trust the world simply wouldnot function. It is one of the most important human values someone can have.

It was alway: taught from childhood to trust those people who were around me, my parpents, relatives, friends, teachers.

Learn to trust and be trusted is not are asy task, but the importance is begond measure. In a world without trust no one can service.

CARING

CARING

Concern for others, the true importance of this value comes from the work oro practice of looking after those unable to care for themselves, caring for others both physically and spiritually is a vitally important value to have; people will always new one someone else for help at one point how much of a difference caring for another

value to howe; people will always mery on someone else for help at one point on another, but we often tak to nelise how much of a difference caring for another.

HONESTY

Honesty' is most imposstant. The Idea of Staying true to oneself can often feel

People fail to modaze is that it is not the out of simply telling the trouth that makes someone honest nother the quelity of a person who is being honest.

Values Which Rolling - 507
Shape Me Department of Loology.

V ad

- Descripentive: Perception is apite a useful end important asset that I try to incorporate in my personal values. In my brief experience, I have realised that much of the is about ideas; different ideas and thoughts that shope the society around us. But ideas are often controdicting and confusing, and the human mind is very easily confused. So if we keep our focus on a specific kind of ideas are get desensitised to the others; irrespective of their worth or importance. This is where per perspective as a value plays an important role as it helps us understand each idea for what it's worth and lets us choose from a far greater experiencess by keeping an open mind.
- 2) Judgment: Ideas arent a contrasted pavette of just black and white but rather a mine of grey; in its many shades . 30 its 60, the value of judgement is necessary for filtering out those shades and weigh them carefully.
- 3) considerce: Last but not the least, we need the value of considerce to choose correctly between the right and considerce to choose correctly between the right and considerce, because offerwise to with our own considerce, all other values become worthless.

In conclusion, my values teach me to not bow before one one except the god that resides within my soul. My perspective and judgement teach me to sacrifice every ource of my being for humanity, apart from my conscience, which show remain mine alone.

Name-Rudraditya Chakraboshy. Ug roll no - 566. Department of Loology Values which shape me (1) Honesty: I am convinced that honesty is the most important characteristic & will lead to a successful life. I firmly agree to Benjamin Franklin's saying that "Honesty is the best policy". Honesty brings success for some reasons (1) First, being honest breeds trust. No one likes to stick with a dishowest person. o. I by lies and person. People hanging out with liars will be surrounded by lies and false hopes. On the other hand, people who line an honest life and make friends with honest people can never be afraid of being enposed to lies because they are influenced by each other in good way. dis An honest person can have a much easier life, for he or she does'nt have to worky about keeping lies. I define an easier life as a successful life and I think leading a successful life is very difficult for a dishowst person, as keeping a lie will make one annions while working or studying. 2. Dicipline: - Another very important which helps us improve in our daily life es dicipline Dicipline provides people with meles to line their lines efficiently and systematically. Without dicipline there will be chaos in one's life. When you have dicipline in one's life one can make small sacrifices in the present for a far better life in the future. Dicipline creates habits, habits make routing and routines become who you are daily. dike a muscle, dicipline can be trained. The more you work on your dicipline the stronger it becomes. For We always see this in sports, the more diciplined team ends up beating the undiciplined fear with a greater talent. (3.) Conscience: Now conscience describes two things - what a person believes is right and how a person decides what is right. More than just a "gut instinct", our conscience is a moral nuiscle. A human being always comes across effical dilemmas in the desision making the process conscience acts as the guide for taking correct decisions when we have to choose between competing sets of principles in a given, usually undesirable or

perplening situation.

Value Education Project

Registration No. A01-1142-212-038-2020
Class noll no. : 46
Paper: SEC

Values which shap me

Write on three values which have shape you what you are today and will continue to shape you towards the goal of your life.

Punchality:

" Time and tides wait for none "

This prover be made me healize the value of time. Punchality made me concious about my swowanding and live in the present moment. I always try to be very punchality about my study and other activity like excercise. If I finish my work timely, it give me positivity in my mind and can concentrate my other works. My good is to do research, which is a massive work. If I divide this massive work into small objectives and complete them punctually, it will boost my interest and confidence to advise my good.

Simplicity:

"Earth providex enough to society every man's need but not every man's greed "

- Mx Dandi

This quote always inspire me to live a simple life. This value shaped me to appreclate small things in life, maintain punctuality and self control. As a nexecutive in future, simplicity is the key for a good nerecord. Research work is very complex and complicated but a nexecutive made it simple for everyone.

One of the most imposition value for a student. It affects almost every thing in our life. I work without concentration can not attain perfection, concentration helps me to finish my study in selective time and helps to retain it for long time. As a nexecucher concentration in is the most imposition value. As time goes, we lost focus on the research, but that can prevent if we have a good concentration.

Three values that have shaped me are honesty, fearlesness, and hard work. I believe these are the pillars that shape a man's life and lead him to a feat of success.

Honesty: towards the work we perform and our purpose in this world should be served. Every individual has a purpose in this world and through the course of life he or she needs to serve these purposes and the first thing they need is honesty. Be honest to yourself be honest to your work in spite of the success you achieve cause it's this practice that will make u sustainable on this earth.

Fearlessness: Fear is something that opposes growth. Fear creates all inhibitions. And every fear is essentially a fear of death. If we can somehow overcome this fear of death, all other fears fade away automatically.

In my life I consider fearlessness as one of the topmost values. I try to think and analyze the every cause of fear logically then think to overcome it with the least possible effort. This practice is somehow helpful to override the fear of failure in my life. Fearlessness gives me confidence. I think fearlessness of death also help me to be awakened in spiritual way to do self realization. And the self realization of myself as a soul in the entire cosmos like many others is the one and only ultimate goal of human life.

Hard work: If we work hard we can attain the impossible. Cause it's the dedication that defines our urge. So working hard needs at first to be honest then fearless. Then only we can work hard which will gradually lead us to our goal.

Ramakvichna Hission Vivelananda Contenary College, Rohne

Mome > Sousin Bairagi

Semester Mse. III sem

Roll no- 10

Registration No. A01-1122-214-008-2020

Department . Botmy

In this subject, there are two point i.e which have shaped me, what I am today and the next one, which will continue to shape me towards the goal of my life.

At first we have to know, what is owe goal. We think goal means how to established in society by evening of huge money and make the luxariest lifestyle. But this the not the actual meaning of goal of life. Owr goal have to build up a humanity character inwardly and make a man outwardly.

Now coming to the Arst point i.e which have shaped me. I am come from a organization which carry the idea of Swani Vivekananda i.e Mon making and characters Building. The name of this organization is Akhil Bharat Vivekananda Yuva Mahamanala. Akhil Bhart Vivekananda Yuva Mahamanala. Akhil Bhart Vivekananda Youra Mahamanala. Akhil Bhart Vivekananda Youra Mahamanala. Shapedu by giving the most valuable process which are changed in my life thatisowe daily mahamanalal Prontee.

· First possible. Brages is not for only myself. It has to be universal Second Possible. Menatal concentration, here we know about how to control own wind and how its concentrate.

Third Possible, Sadlya, Here we have to read the Biography of Thakur-Man-Swamiji and also reading of Ower mahammadal booklets.

· Foods Practic, Daily Workout, We know that Swamiji's world 3H which are Head, Heart and Hand

Heard is developed by Mental Connentration Heard is developed by Porayer Hand is developed only by Daily workout.

Fifth Forestier Anto Suggestion is method of How to became a man of good character qualities, What Provided power we have, what we are doing to make Character, what is own suppossibility in out Society and what can wet get from Sweeijis thought ete.

Final Practice Self assessment is method, here we give the man a morks of our Character qualities and look at ownselver that are we going to right path?, are we going towards out goal?

Ewacinj: said "Only by pocative and non-attrahment we can conquire own mind"

We are not only believe the thought of the Thakur-Man--Swamiji. We are going towards this thought which is divected by Thakwe-Man-Swamiji.

Only this Mertioned modurandal provatice can shape. We towards the goal of out life.

Thakwe-Man-Swamij: Blessed we and forgive we for our mistrice which we are doing the way of our life goal.

Values That Shape me

1) Self Confidence :-

- · Self Confidence is a really important thing in my life.
- · Self Confidence gives me possitive energy to take action to achieve my personal goals and dreams. The more highly motivated and energized I am, the more likely I can take the consect action immediately.
- Greater self-confidence allows me to experience freedom from self doubt and negative thoughts.
- I have participated in many leadership activities and gained success with the help of my self Confidence.

2 Discipline :-

- A disciplined person always has the time to complete all the tasks within the given deadlines. I don't believe in wasting time on unnecessary things. For being disciplined I am always focused and know how to schedule the time property.
- · With discipline, comes stability in all the tasks. It helps me to schedule and organize the activity and tasks in a proper structure.
- · Discipline helps me to maintain regularity, which is

- very important in my subject, Chemistry.
- It also helps me to remain calm and composed in my regular life.

3 Devotion to God: -

- I believe in God. I think, there is someone above all this things who is own well wisher.
- For being a hindu, every morning I pray to trod and read the "Bahagabat Grita" which nelax my brain before my study.
- Whenever I am in trouble in my life, I pray to my god to help me from the situation and gains some power and motivation to overcome the situation.
- · With God, I can face the future without fear because I know that he has everything under control.
- · Lastly, I would likely to say that, God is my pathfinder in my life.

Ramakrishna Mission Vivekananda Centenary College, Rahara Kolkata - 700118 Skill Enhancement Course: Value Education & Indian Culture

Semester - III : Mid Semester Examination Project

Values Which Helped Me Shape Who I Am Today and Will Help Me Reach My Ultimate Goal in My Life in Future

Name: Koushik Mitra

Department : Zoology

B.Sc. (Hons.) Semester - III

College Roll Number: 504

What are Values?

Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a human want or desire. All things that satisfy human desires are good or have value. Food is good; it has value because it satisfies hunger. Shelter is good because it saves us from inclement weather and wild animals. But this definition does not go deep enough. It is generally recognized that there is relation between the satisfaction of desire and the preservation & furtherance of life. Value in this sense is essentially survival value. It is adjustment to the environment. But such a conception of value is still inadequate in complex human civilization. Men's wants today are much more complex and numerous and goal of life is much more comprehensive. Man is not a mere animal or a bundle of desires. Man is not only a body-mind complex but a person, a Self; a spirit. So, what satisfies his personality or contributes to his self-realization is ultimately valuable to him. His wants and desires must be valued themselves in terms of their relation to his fulfilment in self-realization. Man must go beyond organic method of satisfaction of desire to reach the concept of what is intrinsically valuable. There are absolute or intrinsic values cherished by all persons beyond all differences due to time and place.

Values Which Helped Me Shape Who I Am Today and Will Help Me Reach My Ultimate Goal in My Life in Future:

1. Unconditional Love and Kindness:

In most cases, if you love someone, they will love you back. This, however, is not the real meaning of love. Love should be unconditional. With more love in the world, kindness will follow and replace cruelty. I have learned that spreading love—not hate—will bring us happiness and success in our adulthood.

2. Honesty:

I think that dishonesty and cheating are wrong and will get us nowhere in the future. As a student, I think that one is only hurting oneself by cheating. Dishonesty, even if effective in the short term (e.g., cheating on a test), will eventually catch up to a person and end with negative consequences in the long term (e.g., being unable to pass an entrance examination due to having cheated on tests in related subject matter).

3. Hard Work:

When I was young, I learned that success was 1 percent inspiration and 99 percent perspiration. Nowadays, many of us want to cheat and cut corners in our studies because we are lazy and don't place any value on hard work. This thinking must change. Those who are truly successful know that the work they put into something largely determines what they get out of it. If all of us can learn to see hard work as an opportunity rather than an obstacle, we will be far happier working toward our goals as adults.

4. Respect for Others:

Unfortunately, in our highly competitive, dog-eat-dog society, many people tread on others to get ahead in life. Respect for others should include respecting different religions, races, sexes, ideas, and lifestyles. When we lift those

around us instead of putting them down, we all have a better experience. I have learned that my successes will not be built on others' failures.

5. Cooperation:

To achieve a common goal, all people must work together. If this is not done, a few people may profit, but everyone else will suffer. I still believe in the motto, "united we stand and divided we fall." Healthy competition can help people to innovate, but to be truly successful as a society, we must cooperate first and foremost.

6. Compassion:

Compassion is defined as being sensitive to the needs of other people. If there were more compassion in the world, there would be far less hunger, conflict, homelessness, and unhappiness. If all of us were better educated in empathy, each new generation would have a greater chance of remedying the ills of society.

7. Forgiveness:

I have learned to forgive my enemies and the people who hurt me or try to hurt me. In my experience, this idea rings true regardless of one's faith or lack thereof. In most cases, anger is caused by an unwillingness to forgive. There would be less violence and fighting if we all could learn this moral virtue.

So, these were some of the values which helped me shape who I am today and will help me reach my ultimate goal in my life in future.

Values which shaped me:

My Pernonal values are thone I take for mynelf and which conntitute a critical part of my Ufe and are apparent in attitudes, beliefor, and actions. There might be many values that influences my beliefor, background, education and my pernonal ideas but it I have to prioritize than—

(1) selt study (i) truth (ii) Self Respect.

are the taree values that shaped me to what I am to day and will continue to shape me to apparent the goal of my life.

self study: The study of Something by ourself an through books, internet, etc without direct supervision. It teachers is called self-study. For me it is an important value, till now, 9 th does not mean not attending in clan. It means learning at our own pace, tocaping the areas we are mont interested in 2) Self Respect: When I respect to myself, what is no longer emotionally, mentally or linancially healthy for me. Craining self-respect is about learning yours worth,

my self, an needed.

self-respect is important for making making decisions that impact my life and the lives of others connected to your. At the end of the day, self-respect blants with me but is designed to have better interpersonal relationships.

s) Truth:

society, especially Western society, places a high value on truth.

truth in the foundation for a fair and tunt society. In court, we require witnesses to swear to tell "The truth, the whole truth and nothing but the truth," because only that way can justice be delivered.

Mont modern religionn also have something to boy on the matter, and it is clear that they place a high value on the principle of truth techness.

COURSE – M.Sc in chemistry
PAPER – SOFT SKILL
SEM- 3RD
ROLL- 07
REG NO- A01-1152-212-0052020

Values Which Shape Me

1/ Self-confidence:

Standing on the 21st century, we're always in the atmosphere of competitiveness. So one always thrive for little confidence to battle in modern day world. The person who inspire me is Indian Cricket Team's captain VIRAT KOHLI. Through his playing in tough situations, he always sends the message to have little faith and little confidence on oneself and fight to overcome the negative situation. He himself as a captain took India to no.1 spot in international test ranking. The team under his captaincy played the international teams without any fear and full of confidence. After a great loss against England in 2014, he readily bounced back and played his best against next series in Australia with confidence scoring tons of runs. From him I learn that even though the situation can't go the way I want, I should gather up my confidence and believe in myself to overcome the adversaries on the way of my life. I also encourage my brothers and other family members to do the same.

2/ Self-resolution and determination:

One of my favourite line

"Determination starts where motivation ends"

To achieve one's goal, to swim with your passion, one must have strong determination. Even if the road to destination of one's choice may change or have walls, the urge to meet the end point must not be wavered. Here comes my most admirable sportsperson, American basketballer, STEPHEN CURRY. His physics is below par the average physics required to play in NBA at highest level. Even though he has immense talent in shooting, many teams just neglected him due to subpar physics. He faces harsh physical tackles and very much injury-prone. But his resolution to become the best player never waver, never change for a little bit. Within a couple of years he made a comeback and announce the whole world to worship him. He won 3 championship rings while reaching the 5 consecutive finals. He literally revolutionize the whole modern NBA and break and make many records. He is currently leader of Highest 3-point made. A true inspirational story. What I learn from him is if one set one's goal and if one give everything within one's power to thrive towards one's goal, one can achieve one's desired result. The path is treacherous but end result is rewarding and full of satisfaction. Many negative noises will heard but one must be determined towards the end point. That's how I dream and set up goals and pour everything to achieve it.

3/ Mental peace and mental strength:

Now, world is full of chaos, compiled with extra information which are mainly utter nonsense and little to benefit. So it is very hard for me to maintain my focus. Sometimes situation turns bad, sometimes I receive harsh behaviors which led to disturbing mental health it's very hard to have a stable mind in this chaotic world. So here comes my third and most important aspect "A ROOM", a room with four walls belong to my friend. I'm

emphasizing this room because it is where I can speak up everything without getting judged. It's an arbitrary attempt to point out a room in this topic but it really helps me lot to regain my composure in tough times. Going through daily caricatures my mind gets fed up. On the onset of internet blooming, use of social media gains tremendous speed. With it comes hate speech, provocative posts, click-baiting news, fake photos, law breaking crimes, privacy issues and many more. It is really tough for me to maintain a composure, a stable mind. As entertainment gets cheaper, risk of going wrong path or getting traumatized also increases. So to maintain and thrive and to lead a simple life, one's mental health should be okay. There comes the role of the room. I can say anything without getting judged, all my pent-up frustration just get vomited out, all the mix-emotions gets straight up. Sometimes we discuss to find a solution. It just a room where you entered with complex, bickering mind and comes out with a stable mind and a happy smile. I feel it is really a necessity for everyone to have such places in their life so that they can just reset themselves when they reach the bottom of their selfesteem.

Kudos to all of these, I am who I am now.

Ramakrishna Mission Vivekananda Centenary College

Subject: Soft Skill-3 (value Education)

Name: Subhadip Kundu

Roll No: 03

Reg No: A01-1112-213-003-2020

Dept: PG Mathematics (Sem-3)

"Peace of Mind produces right values, right values produce right thoughts.

Right thoughts produce right actions."

- Mark Richardson

Value is commonly regarded as an economic conception. An object is said to have value, if it satisfies a human want or desire. All things that satisfy human desires are good or have value.

The three values which have shapped me what I am today and will continue to shape me towards the goal of my life are described below:

1 cleanliness:

" cleanliness is next to Godliness"

Cleanliness is both the abstract state of being clean and free from germs, dirt, trash or waste, and the habit of achieving and maintaining that state. A clean soul Can only reside in a clean body. From an early age I always tried to keep myself and my surroundings clean and this habit of is continued in my college life. by joining NSS unit. As a NSS volunteer, we used to go to many places from our college and clean those places and we were trying to develop those places. It is my responsibility to get mystelf and my surroundings clean. I think this habit of keeping clean externally and internally increases my self confidence and helps me to improve my health and personality.

@ concentration:

Makes difference between person and person. I have been brought up in Ramakrishna Mission Sarada Vidyapith School. There I have to meditate for at least half an hour daily. My parents and teachers help me to increase my power of thinking and to get strict one topic at a time. This habit enhances my mental stability and I have improved my study. This habit is continued in my coulege. Certainly it helps me a lot in my day to day life.

3 Appreciation of Nature:

Artistic talents bloom a personality and a respectful attitude to environment. Everyday I get up early to enjoy the smooth rays of rising sun, morning breeze, charping of birds suits my mind. This helps me to cheer my mind and to communicate with the people in my surroundings. The joy of nature nurishes my soul, body and mind. The knowledge of immortality of atman and its presence in all beings brings shraddha in myself. I can feel the energy given by the cosmos and contentment for What we get from nature and other human, enhances a cheerful personality always happy in life.

PGR-SEM-IIL

Chemistry

Reg. No- AOI-1112-212-006-2020

Paper - SOC

Soft Skill.

Class Roll-No-08

field water for a govern-

Sukhaarthi tyajate vidhyaarthi tyajate
sukham!
Sukhartheenaha kuto vidyaa kuto
vidhyaartheena sukham!

Luxury people leave knowledge, But a student leaves luxury, No knowledge for one who seeks luxury, No luxury for student.

what are values ??

In different field value has a different deffinition. Value is commonly known as economic conception. An object is said to have value, if it satisfies a human want or desire. Here in this sence is essential survival value. But in this see nee of value education, what satisfies a men's personality or contributes to his self realization is ultimately - valuable.

Values Which. Shap Me

According to highest indian thought, Vedanta, self realization is the goal of human life and intrinsic values are those which are inherent intrinsic values in the self eternally.

Vedanta says the SELF Knows that it is eternal existence and is nappy about it. It is below human potentiality to live in the apposites of birth and death, knowledge and ignorance, pain and pleasure.

when I see my self assesment check list and imagine from my internal soul, I find some inherent intrinsic values which are very valuable for development of my character and life goals.

Some they like spiritud value, moral value, Aesthetic value, cognitive value, Social value etc.

Moral Value:

I always try how I will be always moral in our community. "As it is define me". Always I try to be honest, that is why I dways stand strong. When I will dishonest, I will mentally weak and fear is trapped me from all side.

Patience and self control is the most powerful think to me. When I do very difficult work even the non interesting work, I want to do this consistently. In previous day I have been faced very difficult problem in my education carrer, but this value help me to way out from the difficult situation. Pertience and self constrol help me to keep non-violence or out of control from mind and make me non-jealous.

simplicity is also a good thing.

If you are simple then you loved by every

one.

self study help me to strong my mind and body. Every day I do yoga and mediatation and in it gives me very pleasent.

(B) Boeld value:-

If you want to stay happy always, you also give happiness to others. So, I try to help poor. I think always if I get a job, them I will helped poor people.

Respect all religions should be a good mentality also. I give respect all religions.

I would always stay more social and doing work together.

Respect all person and interaction of all kind of it people should be good. When you meet some one, keep it spile.

and good character. So, I will try to make our community good and helpedful.

3) Spiritual Value:

spiritial value give me energy in my mind. It's feel me vary happy. I read the spiritud books, like Ramayana, Gita, the book of swami Vivekanand, etc. See spiritud cinemas, images. I read the thinking and life story of Swami Vivekananda and Ramkrishna and try to follow the path which are shown by them.

I think if I follow the phat path
Shown by Swami Vivekananda and RamKrishna, I will never go to the hell or
snever do bad works. If all human can
understand the spiritual value, our community become very peaceful and beautiful.

So other values like Aesthetic value which increases my creatitity power and pursuit of Art.

Increases my communication skills.

cognitive value give power to me to independent thinking, digitity of labour, self respect etc.

Conclusion -

So, for our value education classes I wo wars learning how I increase our strength of internal sook soul. And understand our mistakes of our daily wroutine.

And by it will help me to reach my goals.

So, Thanks you Moharaj!

Values which Shape me

Our values are the things that we believe are important in the way we like and work. They determine our priorities s and deep down they can whelp us make decisions about be how to live our life.

The three values which have shaped me and what I am today and will continue to shape me towards the goal of my life are stated below.

Perseverance'.

Nothing really worthwhile in life is accomplished quickly, those things that are too quick neither don't produce much in terms of results nor are very satisfying for us. So we have to take longer projects, bigger goals that are worth own time, and that takes a lot of perseverance to just sticking with the task until its done. We must have a strong trust in our will to pursue that goal even if we can't make it in our first few attempts. We have to learn how not to give up on something that we want, because itsis difficult to wait and graind but its is worse to regreet. We ean accomplish such great heights with perseverance that we may have thought are were impossible.

Self-control.

Its really necessary for us to sorutinize our own behaviour every once in a while, like where we have been mistaken, what decisions led us to something foul. Those rectifying thoughts have the ability to help us in our life. And also only thinking about those can merely aid us if we can't control our own behaviour. That is why we should have a significant amount of self control in our life. In this world our own mind is our biggest friend and also our biggest foe, and to use if for our own advantage, we really need to create a strong hold over owr mind by practising self-control.

We must not give in to any temporary Pleasury . If we do then we become prisoners of our own mind. Controlling our thoughts, decisions and actions, we can attain a more meaningful and successful life in our future. We must understand that between any stimulus (onything that can undernine our value) and value response, there is a space. In that space is the power to choose our response. In our response lies our growth and our freedom.

Contentment means to be happy with what we have, Content ment: what we are, and where we are. Its a sense of affirmation that nothing can be taken from me, nothing can be added to me, this feeling of wellness and completeness Most me people in the earth want to achieve many things in their life, and the moment they achieve something the race for the next starts. Rarely do many individuals spares a moment to just sit back, relax and be grateful for all they achieved. When we are content we do not do things because we want to get something, but we do things because we are already feeling content within ourselves. This brings us peace of mind and positivity that can faciliate growth and self-improvement.

VALUES

WHICH
SHAPE

HUBBRISH MAJUMOER

ROLL No. - 1561

REDG NO - A01-1112-115-047-2019

values are principles on moral standards that define someone's behaviour and judgment about what is important in life they are exerce of human personally and influence us to make our decisions, deal our with people and organize our time and energy in our social, professional and personal life.

a penson. This is there for more me There are many values we that helped me to improve and other is still moulding my improvement in future Here I want to share 3 of the values

Integrity

Being honest is good, seems charming. But sometimes becomes very hard to face the exists of society. So, if honesty is adhered to strong moral and an ethical principles, nexults integrity. It heeps me rigid in times of districes without compromising my honesty. It makes me nesponsible, handworking, patient, etc. Integrity works by self-awareness, ie, making me awaring of myself and that of the society.

Empathy

It is such a huge concept, in terms of importance, that how one can act salflenly. This is the ability how one can understand and share the feelings of another. It helps me to perein the pain to pleasure of my summer more to perein the pain to pleasure of my summer continues. Thus makes me more Emotionally. Intelligent than others. And will continue to make me more mature as to with time

Spirituality

This is the last but not the least. It is my last value here because it farms the bedrock of everything in my life. Spiruluality is bedrock of everything in my life. Spiruluality is the necognition of a feeling on helief that there is something greater than myself the bettef is something greater than myself the bettef is something greater than myself the bettef is simplified by great mystre Ini Ramakowshna Dea is simplified by great mystre Ini Ramakowshna Dea is simplified by great mystre Ini Ramakowshna Dea with his holy words. And I'm truying to follow the benove to enruch my life. Also this value is my brown to do anything & everything.

These are some of my walves that had shaped me and will continue to shape me in future to meet my goal of life.

VALUES WHICH SHAPE ME

What are Values: The term 'Value' is generally used in economic Conception. If any object abject satisfies human want on desire, is good on have value. Values are what we view as important are incredibly foundational to who we are and how we move deceisions. Values not only give quidence but also create parameters for what we find to be nonmal, meaningful and helpli when we live in alignment with our values we feel better. There are many values played an important note and still playing in my life and also shaping me.

1. Thath and Honesty: 'Thath' and 'Honesty' these two beautiful aronds are complementary to each other. Honesty is a characteristic feature and the Simpliest thing develops from a practise of speaking touth throughout the life so one can simply say Honesty implies being touthful. It strengthan beople to people relation ship and helps to bring them closes. There is a very common phase — Honesty is the best Policy!

Honesty helps me in developing good attitudes like kindness, dicipline, truthfulness and monal integrity,

Truth and Honesty play a Significant role to shape me and my life and I always try to maintain this policy in my life.

2. Service to Humanity: An old saying is common to all—
"Service to humanity is service to god."

A life only for fulfillment of bensomal goals is worthless. When even plants and animals serve the society in many many crays why can't we human beings do anything?

Service to Humanity helps me to develop divine soil, graceful heart and good intertions that also play a significant role in

Shaping me and pensonality development.

3. Patroiotism: Patroiotism prefers to the passionate love one has for their Courtry. This virtue trushes the citizens of a Country to warm for their country selflessly and make it better I live in India and India is my mother land. I always try to contribute in the development of my country. It is a great feeling for me and make me provid of myself. This is an another value of my life which help me to shape my self and to be a persponsible citizen of my mother land India.

Name→Milan Mishra Subudhi Roll NO → 257 Reg. NO - A01-1112-112-037-2020.

particular on the graft of the fire

RAMAURISHNA MISSION

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comse: M. Sc.

Depositment of chemistry

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Som semester; III

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VALUES THAT SHAPE ME -Arka Chaksabosaty

What are values?

Value is commonly regarded or on economic conception. An object is said to have value if it satisfies human needs or desired. But this definition does not go deep enough.

enough.
Telation between the soutistaction of desire
outh the preservation and tentherconce of
Lite, value in this serve is essentially survival
value. But such a conception of value is
still inadequate in complete human divilization
man is not only a body-mind complex but
a person, a self, a spirit, so about soutities his
personality or contributed to him there are absolute
or intrinsic values the rished by our persons
beyond our differences due to time and
place. According to the highest Inalian
thought, vedomta, self realisation is the goal
of human life and intrinsic values are those
conich one inhercent in the self eternouly.

Volues that shape me ?-

Moral Values:

In all honelty, I am not an honest person. I think no one in this everted can speak touth his whale life Even Yudhisthish of Pondra had to life once aming the bottle of kwenkshetra. When a lie helps someone in need, I think that is not bod at all. But I am not here to talk about that I am here to talk obout my morel values. I personally don't

No contentment:

we are bussed by good with a human lite. I have everything I need in my lite I have tood to eat, dother to even and a name and my tormity, I am content evith that I don't want anything more. The I ownays believe in simple litestyle. Humility: It I say so myself, I altways try to be posite whenever I am tolking some one. Even 3+i7 I am ongry with or person I lay not to insult them. I also don't act like I know better thom them I think the true sign of an educated person is ministry, simplicity, set confidence and self control. I always try to abide by

Aesthetic value:

Appreciation of Nature: ou enistence. I always try to appreciate nowhere. And by thed I don't mean that you have to go to accours or mountainer or to or purce with seemic beauty to appreciate nature. It ove just town over beautiful sceneries but negled a our surrounding I don't really think that is appreciation of notive I always try to \$ od mire and preserve and is around me. communication skills:

How we communicate evita other peoples defines us, to them they see us now one and towards theme. I aways try to mind my manner white communicerting with others. I try not to say anything insulting. I say to be as polite as the situation lets me be. I try to put my self in other porsons show while telling to them to better understand them so communicade with them better.

Social values:

Empathy:

together. crood society is judged through H3
constituent inhabitables and radiates some basic
principles which one practiced and preached
by everysally. Emportry is one of them. To
snow hindress to our brings, that is my
ideal allough it is just an ideal and
can't always be employed but I still try

mound in crowns:

so for during these seventeen years of student lite I have evorted in groups with my tellow classinates on several occasions. I try to do my point to the best of my abilities, and try to neep others with theirs. I don't residate to ask for their help either it I need. But Be it a success or failure working in groups has tanget me a let.

Values Which Shape ME

From owe birth to death, we include in various activities, take serious decisions which shape the path of our life. The steps we undertake may be right OH wrong but the most important thing is we must be clear in our approach, and the driving force for this clear approach are the values which we have gathered at different stages in our life. If we remain true to our values then at each step we will automatically develop instincts to which way we should be going forward thus shaping our personality. There are 3 values, which have influenced me the most in my 19 year joweney and will continue to do so in future. The values which shape me are as follows:

DTruth and Honesty:

Mahalma Gandhi said, "There is no God higher than Truth. Being truthful is very important for our life. If we are not true to ownselves, we can be false to anyone. To be truthful, we need to become honest. If we are honest, everyone will believe us. Homesty is a facet of moral character that connects positive and viriluous attributes such as integrity, tenthjulness, straighforwardness along with the absence of lying, cheating, theft etc. Honesty also involves being builtworthy, loyal, fain and sincere. I always buy to remain honest at every situation and thus remain builtyul to everyone.

2) Unselfishness:

Swami Virekananda once said, "To be unselish, perjectly selfless is salvation itself, for the man within dies and God alone remains." We should think others' pain, and peace to be that of owns. In my everyday life, I always by to help the people I see in distress. We should help them invespective of their religion, caste etc. Obviously, its difficult to help all people but we should by our best to help them how much we can. And also we should not expect anything in return. We should not be selfish. Besides, we must be hoppy with others happiness.

3 Love

Love sees the good in everyone, and it wants good things for them. You may not always know at whal's best for someone else, but if you love them, you want their ultimate happiness and you want to see them grow. You realize that people change as they grow but your love for them should never change and always help them to get better. The love should not lessen with time and with the challenges those changes bring. Thus, I believe I can reach the goal of my life and succeed in future if I follow these three values at every stages of my life.

IMPORTANCE OF MORAL VALUES

Three values that have shaped my life to what I am today and will achieve my goals in future are as follows:

1. HONESTY

- honesty is one of the most important moral value that will help a person achieve goals in their lives.
- Being honest shows the strength of a person who has the capability to handle the truth no matter how hard the situation is.
- Honesty is not just about telling the truth, its about being real to yourself and about being authentic to others. To show other what you are actually capable of.
- Honesty also helps to promote and build human relations and trust between people, its creates openness. People which may be parents, co-workers, friends get to know you better.
- The opposite of honesty is lying or deception. People who do not have the courage to face the truth take short-cuts by lying to people. But when a person starts lying, he can't stop lying. In order to maintain his position, he has to keep doing it and will end up in a graver situation than he was at the initial stages. Most of the times if a person accepts his mistakes and stays honest, he will in long run get a chance to rectify his mistake and become successful in life.
- Honesty also means that a person should be honest to himself. He
 has to work hard for his goals has can't take the path of deception
 or short cuts. He has to be truthful in his gaol however difficult it
 might be and at the end of the day he will achieve what he has set
 out for.
- Honesty has helped me throughout my school-life. Its has helped me understand my weaknesses and helped me choose my career path. Being honest with my parents and teachers has helped understand the mistakes I had made in the past and they have been able to help in rectifying those mistakes that has helped me perform better in future.

2. FEARLESSNESS

- Being fearless is another moral value that will help a person take decisions and achieve their goals in their life.
- Fearlessness is more than just being confident its about knowing that a person is right. It is also not a form of showing strength, it is having the confidence to stand by your decision.
- Any person being fearless will be able to make decisions based on his own intellect and should have the courage to speak the truth openly however harsh it maybe.
- Being fearless also helps a person to become honest in life and the person develops the courage to accept his own mistakes. He will understand the reality of the situation he is in and therefore, will be able to take proper measures for his betterment. A person who fears the reality will stay in a state of denial. He will not be able to accept his situation and therefore, will not be able to take proper measures for his future.
- Fear is like a psychological disease, the more the person nurtures it the more it will grow over time. A time will come when it will become irreversible, and the person will be virtually handicapped which might affect his career and his personal life.
- Fearless doesn't mean that a person will not ever fear anything, instead it actually refers to the fact that when an actual problem arrives the person will be able to think straight and will be able to use knowledge and experience to understand the satiation and take the measures to tackle the problem.
- I have always been taught to be fearless and to deal with the situations logically. Being fearless gas helped to understand my problems in my own way. They have helped me to think logically and face my problem, even if the situation was bad. As I could be fearless I never ran away from my problems and therefore, I was able to take control of the situation before it got worse.

3. NON VOILENCE

- For me non violence is another important moral value that will not only help a person in career but is also important for him to lead a peaceful life.
- Contrary to popular believe is not for the weak. It is for the people who have a strong heart and are able to take control of the situation. People who have a strong heart can truly understand the meaning of non violence.
- Being non violent doesn't mean being oblivious to the wrongs happening in the surrounding but it is understanding the fact that violence can't solve problems.
- Violence is a easy way to express grief and feelings, and it shows as a way that might be able to make the trouble or tough situations go away. But in reality violence only makes a situation worse. Its increases the anger among people and problem that could have been solved through discussion takes worse turns that it is supposed to.
- Being non-violent is having the self control and judgement to understand the consequences of his actions and acting upon the best of his own judgement.
- Being non-violent has helped me school. Although I had my share
 of problems with people, I never got into a fight, so actually don't
 have people who will hate me and I have nothing negative in my
 records that can affect my career or my life. Being violent even for
 a moment can destroy his and even others life. So, people should
 follow this and be strictly non-violent.

Values Which Shape Me

I am Swakshoon Mondal, student of PG, chemistry 3ord seem. Now I'm wordting on the topic "Values which shape me."

Honerty: The appect of honesty is essential in own liver. Honerty implies me being towthou to others and aneself. I understood that by adopting honesty, man chooses a safe way. An honest person is always appreciated. And it is seen as a glane. People around it like it. And always stay in touch with me. Because a honest person is like a lightweight, which guides in the daskness and light of life.

Discipline: Discipline means training of the wind and character. It refers to the practicen involved in to regulate the human behaviour accordance to a set of pore-determined rules. There is a need and importance of discipline in our society and in our life. In schools, in college, in the playground and everywhere in this would I would like to follow discipline. Discipline helps me to maintain regularity in my study which is very important took me as a student. It also helps me to keep calm and tocoused in daily life. There are some rules that control me. The absence of discipline beings disorder and chaos in my life.

Spisifual value & Spisifual values are the of humanistic, personal, divine and affective Those values are more useful for me poiomoting humanity such as sincessity. goodness, power and wisdom spisituality poolides mental peace, improves physical and mental health and also help to imposore tolenance and patience. Every moving I rowy to God. Whenever I'm in difficult Situation in my life. I paray to my God to help me prom the situation. Spisitual value tends to be disciplined, suspect eldonno and also believe in God. I like to speak my touth, choosing not to fear coniticisim on judgement. I tend to my spisitual needs and concerns as part of my daily solf-care.

which shaped me whats I am today and will continue to shape me towards the goal of my life.

Values Which Shape he there are some values - which have shape me to -cultar ? am today and -will a continu. Values are usually stainly stable, yet they look have shirt limits los boundoiss. Here only three - value lescribed in helow: I herperto.

If is a concept that referes to the ability sto value and honours another person, both his or her -woods and autiens. Even if we she does Lonat approve or shore everything he or she Loos it is accepting other-person and not toing to change then. 2. Touth and Honerty: There is a very common phase "Honesty is the best policy" Honerty helps me in Levlaping good affiliables like windness, Steipline, moral intergraphy and more, Honerty is the simplest thing and it Levlaps a practice of speaking touth through out the life Honesty remained fear from my heart and make me eousageous and confident. Discipline also musor necessary for school etudents. Moreover, all these principles and based upon the ideal that we are inter-ordinal lea-- ving heings. And I always lay to maintain this polity in my life with maximum effort.

(93. Self-Hudy: Crelling a good seductation is one of my most impostant value. Knowledge is power -when relevent and applied. It is a learning method - enherce estudents direct their own studing out side the class-room and -cue throut direct supervision. By posticipating self Hudy I have encouraged to emplose tursther topice in - which I am interested. Using selfstudy I am able to go beyond simple learning - what my class - tent book and fearhers fearhous. me. So, it must be said that self study 1sto the most impostant value of my life.

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KINDNESS

kindness is a type of behavior by acts of generosity and concern for others without expecting any neward on praise.

A small acts of kindness can boost our felling of confidence and happiness that also makes another person's day or life better.

One of the most experience of my life — At the end of our village fair, an old man and here his lady back to home after packing their shop in a small care. But the wheel of their care stuck in a hole in the ground. They couldn't lift it at all. Me and with my friends then help them and we one able to lift it. Finally they looked at us and smiled. That smiled was priceless. At the end we are also happy like them for make their day better.

Positive thinking

Positive thinking is an attitude that helps a person to lead a healthy and happy life.

Positive thinking always benefit a person to control over thinking and imporving improving himself to a better one.

In my all difficult situation my parents and some special person are the epitome of my positive thinking. After 12th, whien my selection in college take time, I became very depressed. At that time, they give me positiveness to overcome the situation and that make my life better. Now, I like that situation to give me chance to join with RKMVC college and with respected persons.

Non-violence

Nonviolence is a sense of morality, equality and respect for the rights of all human, animals and nature in all condition.

Non-violence is a special character that improve our skills as well as make a good environment around ourself.

In my life nonviolence is all about to make a good environment that also produce as fuel of next generation. It of from non-violence I get healthy Neature and good behaviour from others etc. that make my life better.

REGISTRATION NO:A01-1112-215-022-2020
COLLEGE ROLL NO:-22 SUBJECT:-ZOOLOGY
SEMESTER:-3712 (Mid-SEM) PAPER:-Soft SKILL

#WRat is value? P-0

The major value in life is not what you get.
The major value in life is what you become!
"It! you do not value life; you do not derive

Values are the qualities that determine the decisions of a person and shape one's personations. All good values motivate people to be on the path of right eousness and reach our goal. Not only that but also, a person teaches his upcoming generation about the goodness of values.

Now, I am going to describe most important three values which have shaped me.

(1) Obedience: Obedience is an act of spiritual discipline essential to succeed in Ruman's life. It helps to build a person's character.

children's should obey their parents, they one tought to obey command of the elder's because it is the first lesson that they should learn. If a child doesn't obey his powents, he is sure to be spoilt. Other hand, a child who obeys his parents backs according to their instructions has a bright future. Human is a social animal and to live in the society man has to o bey certain

rules, traditions, customs & conventions. I am a member of low middle class family; till the date I have grown up through various impulse and viepulse. After passing His I have selected to admit R.K.M.V.CC, Rafara, North 24 P.U.S. This made my life to grow inspirration towards the goal of my life as I am yeary much fortunate to controt with many vienowned Person, as Makaraj's to would for some services fellow of our country & abroads and also non-research Persons. Their be Pariour, conduct and teaching fechnique has been inspired me very much. They not only teach about course but also spread their aisdom & events they have accured through their lecture. The moral I got heach from them, so, four, I will apply propidly towards the goal of my developing life.

(2) Punctuality: A child starts to grow through foing to school. From their, starts to maintain regularity of time & punctuality. Every weekly school days, go out for school in time being ready with bathing & refreshing. After returning home, have refreshment & physical culture that used to do in centain time; sits to study, one to do in time also. Till the date I also do k kept habit, it is not only essential for schools but also for

Now, I am terring a short story relating with my past life. During childrood, I learned to swim forom the age of five at river Garga, after loss & years, my parsen admitted me in chinsusah swimming club for my deve expense. With having good infrastruc-- tupe, well-developed pool, well-trained coach & lost my Randwork but not the least, all of these are being helped me to reach for selection of Junious Sub-division crampion ship. on 6th september, 2010 before the competition my own advised me to follow Proper rules again & again, what I have already learned four 2-3 years, but during the time of compedition, when it's being stanted, I didnot obey his advised, don't be punctual about my time, & Just follow some of mistake, for this beason I stood and Position in the competition. After 1 years, Same compedition again Redd in Hooghly district, on 20th september, 2011, I was the 1st in position to work hard allyean arround, follow every single world of orules, obey the advised of my coach and be punctual about time, on the day of competition. It was a targe and great achieve in my life.

P-4

(3) Unselfishness: "We all know chasisty begins every vieligions. In family it should more trace I was I took risk night my perpectors like papents, teachers, aged persons. When we grapped with each other, mind must be disturb, then we cannot concentrate ourselves in any aspects. My tanget to lead simple peaceful life and centainly not to keep ego in mind. Obviously maintain unselfishness dife and never get sorrow with other's Rappiness, obviously Jetsonnow with other's unRapin--ness. If a soft heart can readise aboute universe's depression, surely it can pealise "little obstacles" so, fair, truth, bold, unselfishness make me to achieve my good explainly from today and onwards grode sak wollof of also swork I mentioned subjects that have raise forom my spivit in mind.

Values which shape me

Indiro: Value is commonly regarded on an economic conception. He object is said to have value, if it satisfies a human want on desire. All things that satisfy human desires are good or have value. But this definition is not deep enough. It is generally recognized that there is relation by the satisfaction of desire better preservation to further ance of life.

I have some values that defines me, & which will keep defining me for the trest of my life.

-> Values

1) Spisitual: In this category, I would be like to pick,

'Unselfishess! . Though I can't remember

much of incidents that I can prove i my unselfishness.

But as far as I know, who are in need & never

always. Lelped the people, who are in need & never

harmed anyone for my own benifit. This is the only thing

unselfish trait I can remember how.

me; are honesty, austerity, be emplicity.

As for me, I sometimes jet carnied.

As for mest troods policy. It should not be the best, because in my opinion, in some cases, too much honesty may the backfire to that he person. One of the cases in when a person goes to an interview. Its true that he she have to be honestly a santen answer to all the questions, but as shouldn't be way too much honest, so that his her selection the honest so that his her selection that he have for that job will be dangerous.

As for me, I sometimes jet carnied.

Away with my honest words to but the same in the same is sometimes and carnied.

in me, because of the fact that, I don't give false hopes to anyborry, especially me friends, how hard those words be. And for this, some friend I my friends may like might be to like that I vait in me, though it am not so sure about it. Deather they like it or not, I am not going to change my self for that I will the free the free that the my self for that I will the free the free that the first that the free that the

- Austerity 1- Austerity is also among one of my value. I show my austerity trait towards my friends, whenever i sense they are going towards wrong path. I try to so convince them with the help of austernity.
 - e) Emplicits: I love to stay as ample as possible.

 I don't show off. I just don't like it.

 If its some kind of occassion his a different case.
- 3) Social is In this category, the values that definer
 - anthem starts, other than that I was .

 were never had the opportunity to show path
 patriohism. But if that day comes, I will definitely
 show that. Even the organization I hile to work
 for the future will give me the opportunity to
 Show my patriotism.
- concept of punctuality Heather its work, any other events, or casual ments. I have always followed the concept of punctual, with atleast 1

About to be 100%, punctual.

So here are the values that defines me be I nope it will keep defining me for the rest of my life.

VALUE - EDUCATION ASSIGNMENT

Department - Botany
Class - PG 3rd sementer
College Roll No - 19
Reg. No - A01-1112-214-017-2020

Values Which Shaped ME

All the things that can satisfy our desires have values. Presence of values ensures the satisfaction and fulfilmen the life. Values shape are life in that way so we can stable in every situation of our life. There are some values which shaped me to what I am today!

1) Cleanliness - Cleanliness is a covered artisty sesponsible for good physical and mental condition. I always try to keep myself and my surroundings clean which I learned this value from my parents. I always try to keep my body cleans and use to wear washed dethes. It helps the to stay far away from any disease so that I enjoy a healthy life.

environment. I segularly work my bedsheets in every 8-10 day interval and clean my soom once in a week. A clean environment interval and clean my soom once in a week. A clean environment keeps me healthy and causes good thinking and semoval of depression, from my mind. In this way cleanliness helps me to improve my personal character and essente my make my good image in the

society.

2. Respect for all religions - My parents and teachers taught me from my childhood to respect all the redigions and their followers present in our society unconditionally. I have many friends belonging to different religions in my society and my classroom also. It halps me to learn different cultures more entity, making the so a me imore knowledge knowledge about so the divertity of our society, region and attact the country. Making a friend from all every religion and attact the country. Making a friend from all every religion without known any condition makes the environment more unit and extrengthened. Participating in each others festivals makes spreads nore happiness and love. I think everybedy should respect all the religious because the moral of every religion have to spread love and peace in the society only nothing else.

3) Work-in-Grap - Doing anything in grap like grap study, social work. pad playing games instead of doing all of these along alone is much more better. During group study, me and my friends help each other in our confusions and doubts, as a sexult we solve much complex problems more easily in less time than studing a studying alone. We give each other feedbacks on our performances and it helps us to improve mourself a lot. Playing in group is more enjoyable and it gives us more happiness and ratisfaction than playing above. Doing a work in group makes our ability to create bord in the society more easily. During the pandemic time, me and my friends did some social works like distributing food and other necessary materials to needy, clean our society and give tutions to our youngers tought we that me that doing a work in grap make that work more easily, and it improves ove communication skills and friendship nature also. It also tought me that nobody in our society is less important, every one is muster in different skills, so when we do something together, it helped be me to lean new skills and improve my personalities.

SOFT SKILL ASSIGNMENT

Nome: Siddhortha Bow Roy

Reg No: A01-1112-213-015-2020

Depontment Mathematica (pur 3nd som)

R =11 NO 17

Topic: The twee values which have shoped me what I am today and will continue to shope me towards the aim of my like ->

⇒ (i) I have grown by inheriting the good trings, habits brom the people around me since my Childhood, truy are my parents, teachers, friends and even from the younger ones also. He should give value to everybody's opinions irrespective of their ages I believe. According to me powerts play a hugt note in one like as to a centain peniod of time children try to copy them.

(ii) Second thing I which helped me shoping my value I believe me shoping to your conscience.
it listering to your conscience.
Every little action you do may

be good for you but not for others

At any point of time I don't

compromise to it as it tends to

hourt me if I don't obey my

inur soul.

(iii) Third tring I be lieve strongly

Ph to Keep colm. Anything I

Nont to express or pay gnotified

To express by my action. Every

I express by my action. Every

second penson on the planet

second pensonal opinion.

has diblewent pensonal opinion.

has diblewent pensonal opinion.

hos diblewent pensonal opinion.

go this one three volus I do believe strongly and not I am trink I will follow till I am trink ond there will help me alive and there human being.

Ramakrishna Mission Vivekananda Centenary College

Rahara, Kolkata-700118

Name - Rohit Karmakar

Class - PG, Semester-3

Department-Botany

Paper - Soft Skill 3

Subject - Value Education and Indian Culture

College Roll No. - 18

Reg. No. - A01-1112-214-016-2020

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The success and sinal outcome of this assignment some quotes of sew popular people. I consider myself sontunate to have got this all along completion of my assignment work. I respect and thank own principal maharaj Swami Kamalastha - handa son giving us an oppurtunity to do this wonder ful assignment on the precious topic - "Values that shape me"

I wall like to extend my sincere gratitude to principal Maharaj, without whom the work would have remain incomplete.

Date- 10/12/2021

- Rohit Karımakan

* Valuer Which Shape me

Introduction:~

Try not to become a man of success, but reather - Albert Einstein — Albert Einstein

human Dant on desine. Values one what we view as being important and one incredibly foundational to who we are and how De make decisions. Valder not only give us guidance but also create parameters for what we find to be normal, meaningful and helpful.

When I live in alignment with values, I feel better. The absolute and intrinsic values make me and my life meaningful beyond all differences due to time and place on the external world. Values that shape me what I am today and will continue to shape me in future towards the goal of my life, one having greatness of character improvement and influencial.

□ Spinitual Value:~

Value is essential for every human being; and I believe that spiritual value is most important value to enlighten myself and to flourish me beyond the material world.

"Spinituality automatically leads to humility humility is a sign of queatness."

Snisni Ramaknishna Dev

When I meditate to manage my inner engineering. I file up with enthusiasm more and more, which help me to lose fear, anger, lust and selfishness. The supreme lord on the supreme energy helps me a lot to overcome my inner battle and organise my body-mind, emotions, thought and energy. When my body-mind, emotions, thought and energy get organised, I feel more strengthful, energetic and concentrative. The spiritual practices teach me how to live a joyful life. Spiritual values teach me that happiness depends upon me. I will always be a slave to the external situation if my happiness depend upon what is happening surroundings. The sloka from Adi Sankarachaya help me a lot to walk in the path of spirituality-

Mano-buddhi atmatmkano chittani na aham na cha shпоtav-jihve na cha ghmana netne i na cha vyoma bhumix na tejo na vaayuhu Chidabanda supah Shivo'ham Shivo'ham 11.

□ Moral Value:~

The moral value does not gurantee that it bring success to one's life, but it is obvious monality makes one, a person of value. I follow moral value because it helps to find contentment within me. Without contentment I will be never able to find peace and without peace how can I find happined The honesty, non-violence, simplicity and self-control is too much impostant to organis my body, emotions, thought and energy. Moral value helpsme to develop the educational needs such as self-control, self-segand, self-sacrifice, self-sesolution ete.

In one line I can say that monality not only gives me the blissful life, it enhances cheenfulness within me day by day.

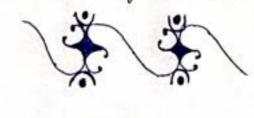
Asthetic value:~

"If you want to be creative in any field, you have to observe. The deepest possible observation will bring enormous vision."

— Sadhguru

I am too thankful to the the Almighty for giving me asthetic perception to view the material world. I have a talent of drawing and painting. It is very charming when a painting is completed by me and cheer 'It's my creation'. Not only painting gives me eternal peace but music also. The music of waterslow, music of wind breeze, music of birds, crickets calm down my mind and I feel soothing very much. I live my life fullest when I am in touch of nature; the wind, groud. sky, animals, birds, trees make me happy in their own way.

The pursuation of ant bring enormous vision within me, which helps to manifest my creativity to the moderial world. Creativity can be explained by one single line. I present one simple artistic vision of myself believe, which looks like a design but made by the word-om-kari (3).



Mame - Arka Sengupta

College Roll No - 589

Reg. No. - Aol - 1112-115-039-2020

Sem - 3rd sem (2rd year)

Dept - Zoology

Bubject - Skill Enhance ment Course.

VALUES WHICH SHAPE ME

We often misunderstand value as something which in always connected to money. But value in broadersense is something that has some outcome which helps us both physically and mentally. Like a costly watch on costly book is a valuablething but inturn the time and knowledge is more than its materialistic value.

Need to have some values in Life

- 1) Values help us to connect with the world in a disciplined manner.
- 1 values make a human being worth
- 6 values are important to achieve one's goal.
- 1 Values make a person greater from

Three Value that Shaped Me Are:

Discipline: To me this is the most important of all the three values. To be disciplined, to work in a organised way, working out day to day task has always helped to become better than before. I think being discipline are practising discipline everyday is a tough job we often need to break it, but I refrain myself as long as possible. This helped me in my academics, but my body language and overall presentation of my-self to outer world. Since the day I started being disciplined I saw positive ethanges.

The Management of Time Management is something I always bad at until recent times, when I understood the benifit of it. I am not sure whether at can be included within values but I feel like listing this. Time management can help us in a lot of ways. Breviously I cannot complete my day to day workdue to poor I me management but how a days, I can attain everything and that too in pight time. A sound sense of time helped me to progress a lot of It shaped me as a better human.

Honesty . This might be the common point in most of our writing, but I cannot exclude it at all . Honesty covers a broader than we imagine. This is not about the momentary truths but the journey through the road called truth. There are times wheat I had to tell a lie, but if that lie carries a right intention I think that is also truth. Honesty again comes with giring. service towards humanity without any expectation. I am still trying to dado that and each day a little more. Honesty is the most difficult of all the life value, thus I thank 'Honest' is the or should be the most embrarged on followed value. In my 19fe too, I realised honestay alone can change my sumbunding and in a positive way

TOPIC: Values Which Shape Me

Honesty:

Honesty is a superior example of moral character that connotes positive attributes such as integrity, truthfulness and straightforwardness. My parents have always been the persons who show me the correct way through their words and actions. They have taught me how important honesty is in terms of handling difficult situations in life. Now a days we can see numerous occasions where dishonesty and corruption take the front seat to manipulate the system. Under such circumstances, honesty is a very necessary moral value that fills us with positive energy.

In my case, I have noticed that honesty has helped me to be a disciplined and fair person. An honest person always stands for the truth and doesn't appreciate partiality. I can feel that being honest may not get me a lot of friends but always get me the right ones. Honesty is the first chapter in the book of wisdom and it'll lead me to the ultimate goal that I want to achieve in future. Honest people trust themselves. No one should ever underestimate this life-changing power of the ability to trust themselves. Therefore, it's very obvious to me that I'll rather be honest than impressive in my life.

Self-control:

Self-control is a very necessary ability of human being to regulate one's emotions, thoughts and behavior in front of temptations and impulses. In our daily life we have so many luxurious and impressive options which might make us ignoring our ambition. A person who has this special ability doesn't get distracted easily. In my life I always give importance to stay focused and exclude the unnecessary elements. For that purpose, an attribute like self-control takes the major part. Self-control enables me to manage my time and resources better.

In a nutshell, a person with self-control enjoys the good things of life in moderation. I've started living my life without wanting too much since I know what I have is enough. Self-control gives me the gumption to stick with difficult task and it will help me to overcome obstacles and discomfort in future. I've seen that people with high level of self-control are more thoughtful in their decisions and productive with their work. So I shall always keep this good value within myself which will strengthen me to achieve my goal.

Empathy:

Empathy, for me, is the capacity to understand other people's emotion and sense what he or she is experiencing. In other words, empathy is simply the ability to place yourself in another's position. Empathy helps people to build social connection to others. By understanding what people are thinking, one can be able to respond appropriately in social situations.

In my life, being empathetic helps me to feel for the people of every class of our society. I can sense their thoughts, necessities and actions which ultimately builds me as a better individual. Empathy strengthens skills like politeness and self-analysis in my case. When you walk a mile in another's shoes, you get to know how difficult the way towards success could be for anyone. Seeing this, one becomes disciplined and prioritizes simplicity in life. Empathy also promotes the urge to show

helpful behavior. I believe that this quality will make me feel fully alive, fully present as I meet others with understanding and politeness.

Villueo Ital - shaped me

1 Rehaviour -

person who does not behave properly. "- It is achially. true in loims of healthy leving. One can not live without help of others. I think during last 3 are 4 months I have manged to Levin some good behavious. They are,

(i) Behave with others in such a way that are

will rossider you as their own

(ii) show respect to serious and eldors

(iv) Behave in a priendly way with servants and

(v) Always be ready to help others in every work (vi) Do not regard any work as petty.

2. Aesthetic last and orealivity

occasions.

I could not appreciate beauty in literature art, music etc. and considered them to have no utility. I did not participate in various cultural programmes. But now I have understood the necessities of this types activities. I have started to reading good diterature. Apart from reading I use to listen music, o started drawing to paintings in leisure hours. Not only this from now on I will collaborate with others in dance, draw & other parties cultural programmes, help to decorate auditorum, campus etc on important

Leisure time Activities!

productive tasks. Sometimes when my priends we around me I spend gossiping with them But Now. I have tearned to use my teasure times by adopting various means like playing indoor games, pursuing my hobbies, preparing for corwritular activities and cultival competitions, viewing good programmes newspaper reading etc.

Reg: - A01-1112-215-026-2020 OF 2020-21 ROII:NO - 26 MSe, ZOOLOGY, SEM-III

Values Which Shapes Me

Before talking about values, we have to firstly known what are values. ecially moral values. Values are basic and fundamental belives that qui

specially moral values. Values once basic and fundamental believes that quide or mother attitudes and behaviorers. Values once very much vital for shoping the life in a perfect manner. On the extremely progressive world of now-a-days values is regarded as concept of commercial utility of certain commodity. But if we discuss in broad sense then it has the potential to satisfy the need of a human. Moral values are either moral or spiritual secular belifs. Which help anyone to become an ideal citizen. Through values, a person can distinguish himself by matching making is own personality independently. The Person who established the values is the univor of the so ciety. A Person with values can inculcate values in another person in the Society.

The values that quide me to move forward in life in every seconds those are 1: Respect 2. Discipline 3. cooperation 4 study

- I Respect? Good behave with other person is the most important factor to prove one self ideal. Their is a quote of koverna yoga, "serving amother is serving God" and for serving other person. We will must give respect to them whose words and instructions always inspire you to do some thing good.

 And I know that ruspect is the key to respect.
- 2. Dicipline : Dicipline the only thing which culp to hold you in a particular track from where you can get success.

I all there try to follow advises from my esteemed people. From the wake up time in eavery morning to the steeping time it will help me through out the journey of my life. It helps me how to overcome the bad situation and struggle. From this it grows my patience and control my feelings and all the smothers which should present In a normal human being.

5. Cooperation 4 study: — Education is the only way to get sid of all the developers of life and come to the path of light, and it could be easier if we could make education a cressible to all by cooperation. It is a pleasure to show the right way by helping anyone in the right way. And study is the only way, it is never possible to expand the mind will out only it.

inspired me to lead a healthy normal life in human society. And I know these can inspire someone else if they can comply.

Roll no - 1569 Reg:- A01-1122-115-035-2019-0f 2019-2020

Values which Shape me

There one many values that influences my beliefs, education 8 my bersonal ideas. But there are Some values which I take for myself,—
there one - these one -

D Self Study:

Self Study is a process where
we learn independently with the
without the help of a teacher on trainer

I study myself with the help of
I study myself with the help me a
book internet etc. It healths me a

book internet etc. It healths me to
this way. This helps me to
reduce feelings of frustration,
anniety, or boredom.

I can focus in the interested

I can focus in the interested

I can focus in the interested to be in this way. It healts me to order stand better.

ii) Devotion to god God:

Devotion to Good bosically is Loving Good with Complete

faith, with trust, without having any doubts. A devotion is a quiet lime that I Spend praying Treating God's word. It helps as to find peace.

Healthy Values are onces that promote positivity, balance, healthness & happyness within the individual's life of well of those around them. Since we as individuals one not 17 lands, what we do, what we say, has impact a upon those around of Positive thinking healths in learning mone.

Values which Shape me

Naturally, values are those which satisfy human's desire. But, thinking deeply we can observe that there are some special values which play a great rate to build-up our personatity. We can acheive these values by self realization. Those values are called intrinsic values.

I also have gained some value on atteal I have realized by myself that it helps me in my life for progress.

First of all, I think to humbleness' is my one of the values that have has build up my pensonality. Being humble to everyone has helped me in many ways to improve my communication skills & make me a pant of this beautifull world.

secondly, the 'Jeanning attitude' of myself has given me the power of achieving anything in Jite. Even about the the little things of my life experiences have taught me some neally a very good Jessans. I Athink, this is what actually have put me where I am now, & will push me to the future.

Being (nesponsible) & 'nespectfulness' to others also play a great role to improve myself in my daily life. Just like Anothy I have said and meet my daily life. Just like Anothy I have grown d'. In never forget to keep your foot in the grown d'. In this huge would. I plays a small pant just like this huge would. I plays a small pant just like the other who surrounds me. Also being 'responsible'

· helps me every day to stand up a on my own feet.

Lastly, "Kindness", what is about o treating Others I want to be treated, Jooks fan ways to make life better for others. It tokes delight in lifting others up & This reminding me they are not wave . This ACOME

so. these are my small observation of myself on the values which improved me in my daily life & take me higher to . fulful wh doors & most imparquelly make me feel like a pant of the beautifull would a nature created by the god.

the transfer of the property of the property and good

divide de propose Proposer of Armen

providence produces by money and over moving and

Eller was being being wert between the state of the Marion has a first with the contract the proof O.

green and bearing the author in the land and any the de-

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MISC SEM- I

PAPER NAME - SOFT SKILL

ROLL NO . - 34

REG NO. - A01 - 1112 - 212 - 030 - 2020 of 2020 - 2021

DATE - 11.12.2021

3 values which has shaped me to what I am today and will continue to shape me towards the goal of my Use

1. punctuality: - Punctuality is the habit of doing things essatly in time. punctual persons know how to respect their and other's time. So, he aways earns more

eredibility in life and in society. Since childhood, my parents and teachers have taught ne the importance of punctuality. I have aways attended my classes on time in school and college. As a result of being punctuae, I aways had my lessons prepared and learn't my lessons effectively. I always have a routine of What Shau I do at what point of time and follow that Strictly. punctuality keeps me away from laziness and has exected with virtues like patience, consistency, discipline and positive attitude in me. Being punctual, I aways organise my tasks in an effective manner which has boosted my productivity. This brings. contentement and happiness in my life as I few relived when all the tasks are completed on time. So, punctuality has not only helped me to perform well in the academic field but also to build and enrich my character.

2. Honesty: Honesty is one of the most essential moral values that every individual should possess. An honest person is aways regarded as a role model in the Society.

from Childhood, I have taught to be honest, what ever may be the situation. I have spoken and supported truth from my early age. This keeps me out of trouble in any difficult situation. practising honesty encourages me to lead a simple life, not having to keep up with lies and deceits because it taxes a thousand lies to cover one lie and dishonesty is indeed a never ending -trouble. When I am facing a question, I stand with the truth which gives me a lot of self respect! Honesty gives me a lot of sey confidence and strength to as I Know that I can be trusted under any circumstances. Honesty has sometime put me -through hardships, but it has ultimately enriched my relationships with trust. At the end of the day, honesty gives me, satisfaction and peace of mind. Therefore, honesty is one of the most important values to shape me what I am today.

3. patriotism :- patriotism is the feeling of love, dedication and commitment to one's homeland. patriotism has encouraged made commitment to one's homeland. patriotism has encouraged made quelities of love, brotherhood and co-operation in me.

It has taught me to love and respect not just our countrymates, but people are over the world. This makes me countrymates, but people are over the world. This makes me country. Whenever I come to know about of the poverty and crisis of the people of our country. I feel concerned over them and a sence of responsibility arises in me to help them as much as I can. During the CoVID-19 pandemic I donated money and clothes to charity funds to help the people in need.

The patriotic Zear gives me a lot of positive energy.

Whenever the courage and valour of the great freedom

fighters and their sacrifice towards the country gives me
a lot of inspiration to overcome difficult situations.

a lot of inspiration to overcome difficult situations.

So, patriotism had a very significant role in shaping

my character.

~: VALUE EDUCATION :~

The most importance three values which shaped me what I am is today and will continue to shape me towards the goal of my life that are following) -

Repole in our lifes are our prorents. I believe that my parents are the greatest guides I have in my life. So I cary out their words without any hesitation from my childhood days. sometimes I can't understand their feelings, their reasonings. But they have more Patrence than me and they carefully communicate with me and I never take decisions without histening them or without their, permissions. I love my parents and respect them as they are heavenly God to me. Sometimes I ask questions for clarification for any of my problems. And they have solutions against all my difficulties. I certainly feel that without them I can't, I couldn't cherish my life.

* Respect For All Religions :-> Omniscient is the recognition and respect for all religions and their God. Not everyone had religions or spiritual values. But it is important to accept that all religions preach the goodness of truth & moral living, Love and Compassion. I also belive in being a good listner.

I observe their faiths, their respect to their God. Bing kind to people of other faiths I develop a Lot of great friendships and learn a lot about their traditions and cultures. This helps me to strength my core values such as helping the needy leading an ethical life, being hyal to the faith and exploring my self.

*Cleanliness >> It can be construed that if four mind as well as your body is clean, you become equivalent to God. It means a clean soul can only reside in a clean body. It is my responsibility to get my self & my surrounding cleaned. This gives me self confidence and contentment for what we get from nature. I always try to maintain a nead and clan and peaceful healthy living?. I think this habit of keeping clean outernally and internally helps me to improve my health & personality.

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Values Which Shape Me

Values are about what we consider important in our life. They inform our priorities and when practiced consistently form the character we want to be shaped into. They're rooted in our core beliefs about what makes for a life well-lived and and about the behaviour we want to model for others and about how we shape our future.

We may inherit many of our life values from our parents and our respected idols. But it's upto us, to prioritize these values and discern how we will honour and act on them daily.

There are lots of values that had shaped me and will shape me in future but the three values which I consider the most influential are—

* Respect

If we want to be known for treating all human beings with respect, we probably base that respect on something more fundamental than someone's rank or social status. We should treat everyone with equal respect despite of their coust, class, sex etc.

Wisdom

We have learned plenty from our school but one of the most important lessons is the importance of wisdom. Wisdom is the ability to apply what we know along with our intelligence to make the right choices.

@ Learning

we look for ways to learn new things everyday that interests us. With the help of internet we have the resources to keep learning.

Values Which Shapes me

Fortunately I have born in a pious family. My Parents and grandparents are really the example of righteous behaviour and too sincere to follow their ideal which enlightened and shape my present life and career and will elluminated my future also.

Simplicity 8. Self respect:

went to school with my father and neturn with my mother. Our parents were our tutor, friend. guide and philosopher in all stages. Devotion towards Ideal of my parents enlighten and strengthen to set me to be integrated and loyal not only to my personal field but also every corner of my present life and will shape my future life also.

Love and Devotion:

God to admit into RKMVCE College to continue to my study which was not satisfied / impensible my study which was not satisfied / impensible according to my HS. result. But blessings of God from that year (2017) our college changed into autonomous college and admission system also changed to admission test which was blessings to me and shapes me to convert a graduate student of 1st autonomous batch. Zoology (Hom)

under Ramakowshna Mission Vivekananda Centenary College (RKMVec).

Punctuality :-

Everyday I get up at early morning and after freshing, exercise and breakfast ready to go for college within 10:30 am. We are habituated to respect all Maharaj, Brofessors and non-teaching stuffs, follow regular class work, library work, checking of notice board—which brings me a lot of Knowledge and makes me punctual and lead to my future carear also.

to shape my present and future also will be helpful.

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TOPIC : Values which shape me

Personal values are the things that are important to us, the Characteristics and behaviours that motivate us and guide our decisions. Our life values are those, that, once we identify them, help us with decision-rawing Brovide and Brovide the building blocks for your characters Defining our core values gives you parameters for actions and decisions that can keep you out of trouble, incrove your confidence and self-esteem, and further your life jouls. They inform our britarities and, when Bracticed consistently, from the character we wont to have.

Everyone has their own Personal values, and they can be quite different. Some People are competitive, while offens value cooperation, some people value adventure, while offens value Enefor security. Values matter because we are likely to feel better if you're living according to your values to feel worse if you don't. This applies both to day-to-day decisions and to larger life choices.

particularly there wire three values which have shaped you what you are today and will continue to shape you towards the goal of your life. Those are—

Integrity :- Integrity is about acting and speaking in accordance with your beliefs.

If you say one thing but do the opposite, withness to this contradiction aren't likely to successfully you as a renson of integrity. They're more likely to accuse you of hypocrisy.

Through you may not be fully consider of the disagreement between your words and actions if you believe and thing but your actions brokess a contradictory belief, you might feel a growing unease and unhappiness with the way you're acting.

It doesn't feel night. And you're faced with a choice; either change your belief, or changes your actions.

Integrity code: "what I believe is made clear by what I say and do!"

2> Creativity !-

You are a creator. As such, you have both the Potential and the innate drive to create things that make lives better (including your own).

no matter how you exercess this intelled - through write, ant, craftsmanship, chemistry, robotics, etc. - you put something, other things grows you bear a living singerenish

and you leave your own.

so, it makes sense far creativity to be one of your key values not just because others see you as "a creative sort" but because the creative impulse is your birth right, and you don't consider a life well-lived that does n't honour that impulse and explane its potential. Being a social creature (mare or less), you enjoy excating things you know other People will enjoy.

I myself being a "Photographer for him" know the value of creativity. It helps me to see the world in a new techniques, instrumentation and software to Palish my sweep which in turn helps me to become a better version of myself

Learning! - You're a big believer in the value of always learning. As an independent scholar, you box far ways to learn about the things that interest your And you have Plenty of mesounces to choose from I books, video documentaries, website, Podcasts, TED talks etc.

You're so hungry four learning that you might find it hard to spend your time on fection - through you do love a good story. It's just that there was so many things you want to learn make about, and you have so little time (comparatively) to sit and relax with a book

You have so many interests that it's hund to stay brouged on just one. And you love to find connections between seemingly disparate ideas and disciplines.

The more you learn, the more you nealize low little you know and how much more there is to learn, which excites you you you know you'll never run out of things to learn.

And it will never get baring.

Learning code: "I am not to become an expert but to always be learning".

Conclusion !-

what Personal values are, why they're important, and how I can do a better job of living in alignment with your values. The next ster is to start brianitising my values, and setting value-driven goals, then start living by values know day to day, month to month, and your to year to

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Jopic : Values Which Shape Me

● Introduction :-

Value in commonly negarded as an economic conception. An object is said to have value, if it satisfies a human want on Sesine. All things that satisfy human desines are good on have value. Food in good, it has value because it satisfies hunger. On the same point of view, shelter is good because it saves us from inclement Heather and wild animals.

It is generally recognized that there is nelation between the satisfaction of desine and the preservation & further mance of life. Value in this sense is essentially survival value, It is adjustment to the environment; But such a conception of value in still inadequate in complex human civilization. Mer's wants today are much more complex and numerous and goal of life is much more comprehensive. Man is not a mere animal on a bundle of desines; Man is not only a body-mind complex but a person, a Self; a spirit. So what nationies his personality on contributes to his self-nealization is ultimately valuable to him, this wants and desines must be valued themselves in terms of their relation to his fulfillment in self nealization. Man must go beyond organic method of natinfaction of desire to neach the concept of what is intrinsically valuable; there are absolute on interioric values chemished by all persons beyond all differences due to time and place.

Values which shape Me:

Instrumental Values can be subdivided into five other values: (a) Spinitual (b) Arothetic (c) Social (d) Monal (e) Cognitive.

All there values play important note in my life Each and every point of my life, but now I'm going to mention three of such values which shapes my life and led me to the place on position where I am today. There are as follows:

Moral Values: Eleanliness and Self-Study:

Cleanlinean in next to Godlinean' - this phrase effected my life mont. Actually I'm severely susceptible to Aflengies especially dust and alongside cough, cold etc. which gives ome a lot of pain and sufferings and make me sad. But then of thought what if I try to keep my sunnoundings neat and clean, my bed, Inens and other accessories which fuse; so & started to do it as planned, and of started getting better and finally, after 2 months I'm completely cured. Yes, I were to take medicine but the cleanliness & changed me, infact I feels fresh mindedly of anything work which I'm going to accomplish, and the work is perfectly done

Self-Study is much much effectively shaped me, for the little amount of knowledge fire gained and gaining now also. This is very much helpful for me, especially in doing any experiment in the laboratory, as because I can easily understand what has to be nonked out, it's neguisition, and the propone of that experiment; so I can feel to satisfaction, which in unexpressible in wonds. I can easily understand my College lectures very well, before because I self studied the topic which is just great. Not only there, but also in other aspects which is just great. Not only there , but also in other aspects to better manner. It helped me a lot to explore the interesting 4 umbound the would of knowledge and study too.

" To know the Unknown and to see the Unseen" - this is what of generally used to know here about Science, but as I grow up I nealised it through each and every experiences that I've Jone through . I've questioned myself each and every time, why and what? I've learnt a lot, because there might be on obviously is a scientific reason behind each and everything happening. This denine the within me grew bigger and bigger and gave me a lot of opportunities in 1 my life. I changed my way oftlinking and to judge everything scientifically, to which if there is any possibility. It changed my life, my point of view in each and every matter and I can realize it'll lead to succeed in life and fulfill my dream of becoming a Scientist as the world has ever seen , who will change the Would by Sincovering drug of some deadly diseases alongside other environmental problems such as Global Harming etc.

Penfection led me to be do any work whether it is very small on big, neatly, connectly in proper and disciplined manner It has improved my working skills of still is doing. It has taught to me not to do anywork undone and with carnally. It has changed my performances undone and with carnally. It has changed my performances everywhere. This development which has occurred is only due everywhere. This development which has occurred is only due to perfection, not only thin, but also I can teach others any to perfection, not only thin, but also I can teach others any to perfection, not only thin, but also I can teach others any to penfection, not only and undenstandable which makes me much topic on easily and undenstandable which makes me much much more happier.

I can't express nightly what I'm feeling now right now, while wanting this God on the Supreme Lord is the best friend of mine, inspite of my several misdeeds, He never left me alone but always stayed with me, guided me through my path. He stayed with me when there is none to believe in me, my near and dear friends have left me alone, I got totally blind, he saved me. He is my everything, my Parents, my Gran, my friend. He shis neminds me of a sloka-

"Vanaani dahaato vanhe sakhan bhavati maarutak sa eva deepa naashaaya Krushae kasyasti sahandam".

The moral of this sloke is that if one doesn't have power/
wealth, one does not have friends either. But this is not
applicable to this friend of mine. He'll never leave me
alone of his all because of him I'm here, everything
of achieved all because of him, infact the can write
this because of him only of offer my heartliest love
this because of him only of offer my heartliest love
and premam on your loter feet, Lord Ramakrisha, Just
stay always with me forever and reside keep the Universe
Safe and Healthy and its inhabitants too.

Om Shaan tih Spaantih Shaan tih!

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I would Like to Thank Our Principal Maharay

Swami Kamalasthananda Ji and Swami Vedanunagananda Ji Mahanay for Giving Me the Opportunity to Do His Assignment on Their Jopic: Values Which Shape Me. I Hould Afro Like to Thank My Parents and Friends for Supporting Me Throughout This Assignment.

Date: 10/12/2021

Nilay Saha

Walues which shape me:

Curiosity:

Curiosity is probably the most important value that I got in my life. Since childhood I am courious to learn, to know an unknown thing on skill. As a physics student this value is probably helping me most in studies, and this value gave one a habit of reading books, not only the physics books but also many other self-improvement books. I am also heping that in future this value will help me to become a scientist.

>> Flexible Mind:

Because of having a flexible mind I welcome new idea on opinions on people without any groudge. This value helped me to get me many ideology and important life lessons, with and people inpast whom I chemish today. My flexible mind helps me to control my encotions, and accept the neality. Because of this value of can think outside of box and ansolve a problem in different and easier ways. I think this will help in future to become successful.

3) Self - introspection:

value that I have developed. This Because of this value, not only I can easily writting this assay by finding my positive values, but also it helps me to find and accept my flaws that one holding me back. From self-introspection I find my biggest flaws that I am lazy, just a thinken not a worken.

Now I am trying to overcome it. This sealue helps me to hot to blame others for my own failure but to overcome it:

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Soft Swill Assignment

Topic -> Value Which Shape me

The three values which have shaped me that I am today and will continue to shape me towards the aim of my life are stated below.

1) I have picked up my value through my life by modelling and coarning from my parehts, teachere, friends and teach teacher to be coarsiderate, thrust obtains well and lastly gratificate. only sticking to my morals, etaical principles and values, I can achieve my goals and cha can be happy in true sense in life so, parents play a huge role in children's life to differentiate debetween good and bad values. specially moteurs, because for any child, she is the first role model as tay show a work of connection and she in first one who reach values of life. parents are the one who socrific the most to five good values to take to have socrific the most made a lot of sacrifices to make me what I am today. So I will be forever paraleful to them for making me a good human, I have promised to stick to taink teaching and morals for my entire life.

2) My ethic is not to compromise with anything wrong and dishonert meam. Unfortunately, now a days corruption spreads among people wike a pandemic which we face it in every step in life. A bound of people in power along with many influential people are correspt and they achieve whotever they want in right or wrong way. That does not matter. Because they only want to satisfy their inner devil who is only hungry for power and wany. For example giving and taking bribes or other valuable thing to get sometaing without any hardwork. So, my wan is against correspond and not to my self in any wrong mean.

White many influential people are correspt and tary achieve whatever tary want in right or wrong way that their inner deril who is only hungry for power and ways want wany.

In morden times the social value, good sportsman Sprit in peopler are gradually decreasing people only understor tacis wary, happinen and gain, in this way they are diving pain to ofacts, it does not matter to taim. There is always a compitition in every step in life, people only want to win the what ever way, good or bad People become selfish. In Selfish. For the decay of values, the student of the cotleges and schools are involving them selver in many illegal activities like selling drugs to care mony, copying in the error to get in the exam to get marks and last but not the lest disnespecting teachers www are the roll model for their better future. Philosopher and teacher Dr. Demartini has made their joke: " Didn't you know that's the opposite values to you, so you can delegate the stuff you are don't want to to to your unsband and wife and tacy do the same to you!" He has a point. He always says tout four highest purpose is that through coving the offer person. We can warn to love tease taings that we devalue in our selver and taus to we care our selver more fally . I like tent.

Devotion to God .. is unwested on the wind, finge an ashut not cutor burned the Atmann. By which we all are connected to the universe. Spirituality is the heart of the India from the vaidic peries od. Vedes the absorte lived in Jurgle and practice the & diffrent Spiritual path, by they they change him Self from a common man to unique Atman or Brahna. In my life, if of try to look back, of strated my school from Ramakfrishua mission, taking the boldsing blessing of thakur, man & swamizi, also get unsope eted love from many diffrent gurn or maharay. who always faught me, how the lead at life tyle by showing the devotion of god or purity by which some others teacher by you. Spirituality edways head us a write wright way, untill we get sneems. I Social/Emapthy, serve to Real God/poor, As we student of Ramalfrishna mission or inspired by swami Ji, always remembered swamijis line: Those who love or sexue for all fully serving to the Almighty's Actually in many times we forget the our social duty, empathy and others things for our nation, why of born and after all what i shall do? Always remembered us, and I feel the swamiji, how possible a man serve his life from ehildhood to till the samathi, he gives us me the not nelsosory to born only for entiry or borth. it is the

time for the think about ows nation or Servere, empathy for the nation by siving the life. Swami empathy for the nation by siving the life. Swami si always depends on youth like us enly becake le know the we all have ultimate power to serve mything. what not we can do. of always porary to swami Ji gived me the power by which of will do swami Ji gived me the power by which our will do our remaining to your unfinithed work.

I Moral/simplicity/selfstudy about our heros produce.

As we all know that our gurn

or world teacher. Parambangsha for sri thatwr. is the worship of man vabatarini and his similiting always inspired us, or way of what his similating always proved that how a man can do: Thatwr is the full of simple or pure innocese to doubt the mother scale. He cuted to wear a dubt but tought the magistrate or other person in common matter.

of always see the life style of our maharay, how they perform thai their daily life by which of more improved from them. In my college of B.Sc. at RKMVCC, the priviple or exam controller maharay

how they handled the institute like corning of a new born baby, that is always inspired as their simple life style or intelactual power.

our subject that is must regulation or needeble for every student: Self study on the our ancient quella how grow the culture or redo it is must colorful we see in our various relayion.